



SEARCHING WITHIN

A Nine Week Course

WEEK 5

Using Dreams and the Astral to Understand Egos

By Beelzebub

To study the psyche thoroughly, it is important to make use of dreams and astral experiences, as they give a great deal of information about the psyche in addition to what can be discovered by observing in daily life. Dreams and astral are covered in more depth in the astral course, but I will say something about them here for the information of those who have not done the Astral course and as a reminder for those who have.

Dreams

Every night with sleep, dreams occur, whether they are remembered or not. In dreams the images from the subconscious become real, and one exists in the world that has been projected. Not all dreams are projections of the subconscious however, some actually take place in the Astral plane, while others are scenes or places that are put by ones own Being or by awakened Beings (Masters).

This happens because with sleep, we leave behind the physical body, which holds the psyche onto the physical plane and sensory impressions, and enter the fifth dimension, what we call the Astral plane. We are connected then to the physical body through a silver cord, which makes it impossible to not come back to the body after we have woken up. So, while we dream messages are sent from the psyche, in the Astral, to the physical body, including the brain and vice versa, through that silver cord.

Being without a physical body, there is no physical world to see, touch and taste, so what is left are thoughts, emotions and consciousness, but you are in the Astral plane. Unfortunately, when there what is actually in the Astral plane is not normally seen, or it is only seen partially because of the images of the mind, which are projected onto it, even if what is seen there is real it is common not to even realise or question that you are there. It is the nature of that plane that one creates ones own world, which is not

real, but there is something real there; only it is not normally seen when dreaming. To see what is there, we must be aware.

When sometimes you see what is there in the Astral it is because there can sometimes be periods of lucidity, in these periods someone may see what really exists in the Astral world or dream about a place that actually exists in the physical world (even though they may never have seen it and discover it later physically), in these clear times higher beings can show you things or teach you and they can awaken the consciousness, clearing the projections of the subconscious in order to teach something. For example, you could have a premonition about something that will happen in the future, something which you could have had no way of knowing, yet you see the event in a dream and it comes true.

You could see someone telling you something very profound, or be in a situation that teaches you a lot, that's because there are actually beings who live and inhabit other dimensions, who you can meet if you are actually awake or Astral travelling there. These beings have been given various names in different religions; angels are the ones that most people are probably most familiar with. Either these or ones own Being can increase ones level of lucidity in order to give some information, or can produce the events and symbols of the dreams to teach.

Sometimes the dreams themselves can have a symbolic meaning. The meaning of the scene or of the symbols shown in the dream can be intuitively comprehended, or if you have some knowledge of Esoteric symbols (given in the Astral course), you can decipher the meaning of the dream as long as you apply intuition as well.

When in dreams the process of daydreaming that occurred during the day continues. Dreams occur at night because of the daydream of thoughts, images and emotions of the subconscious (the egos) that take place during the day, going through the day like that one is rarely aware of the information of the five senses, of the reality of where you are at any given moment.

When an ego is fed, then the situation, the scene is recorded in the mind as a representation of the mind, the ego uses this representation, the scene, etc to manifest in a dream.

There is another type of dream that is the nightmare; these require more space and time to explain about properly so I will leave it for another lesson in another course.

The Astral Plane

The Astral is one of two planes of the fifth dimension; it is the place where dreams occur, where mystical teachings are given and where the deceased go. It is more than that though because it is a complete dimension of life, waiting to be explored. It is possible to go there consciously, which you learn to do on the Astral course. It is something real, it is not a figment of the imagination, but another place that exists, with the techniques on that course you can prove it.

Visiting the Astral plane can change your whole view of life. You can fly and have a bit of experience here and there but the aim is to do something worthwhile, which is to receive esoteric knowledge and to learn about yourself. With this in mind in the Astral you can meet spiritual beings, discover secret knowledge, see where your spiritual obstacles and your inner defects are, learn hidden wisdom about death, the process of awakening, get premonitions of the future, receive guidance, discover the purpose of life discover what happens with death and much more.

The Astral is the first of two planes of the fifth dimension. There are seven dimensions in total, most people know what the first three are and the fourth is known to science, which is time. Science in quantum physics postulates the likelihood of parallel universes existing and includes the fifth dimension in this, due to the discovery that minute particles behave unpredictably according to laws different to ours. They are correct in this since the laws of the fifth dimension are different and it is at this molecular level that the physical and the fifth dimension meet.

Going to that dimension is, however, an internal science. To do it you have to explore your own psyche and that is where science effectively leaves it. This is where we begin though, because this is an internal science, you study within yourself, experiment and experience and gain knowledge.

Being in the Astral is provable to those who do it, although there have been many cases of people seeing objects, places or events while out of the body, then later being able to tell others about them, while to observers they were asleep and had no way of knowing about them. It is something real; it is not a figment of the imagination, but another place that exists. We are all familiar in a way with the Astral, because it's the place that we go to in dreams. Except that in an Astral experience you are actually there and you can know that you are in the same way that you know that you are in the physical world. You then embark yourself on a very interesting search in the dimension of dreams. We look at this type of dream and Astral experiences in great detail in the Astral course where we teach how to achieve that state of awareness in the dream itself and how to leave the body consciously from the physical plane into the Astral plane.

The work carried out here in the physical plane is reflected in the Astral where you are shown how you are doing in the work and what sort of things you need to do.

Studying dreams and going into the Astral plane are very important tools in self knowledge and they should be used along with the self-knowledge exercises you try for the day.

Using Dreams to Understand Egos

The understanding of the egos here in the physical plane requires awareness, self-observation and the technique for the elimination of the egos. However, to be able to get more information about the egos, to monitor how the work on the egos and spiritual progress is going, to find out how far the egos have decreased and which ones are the most urgent ones to get rid of, there is a need to look carefully into dreams.

If you are wondering which particular ego you should work on most urgently, look into your dreams and make sure that you get rid of anything that you see in a dream, you have to be very strong willed about it and not allow egos that you see in dreams to continue manifesting in the physical world.

There is valuable information to be gained by studying dreams, of both the meaningful ones and the ones created by the images and false scenarios projected by the subconscious.

In this latter type, you may see yourself perhaps angry, fighting or stealing. They could be things that you wouldn't usually do in everyday life, or they could be things that you do usually do in everyday life. In either case, bizarre though they sometimes may be, they are an accurate reflection of what goes on in the psyche, in the conscious and subconscious processes during the day, during any day of ones life.

It is important to see these different psychological states (egos) during daily life and learn how to study the dreams to get information about the states that occur during the day, for example, fear, anger or anxiety. On the esoteric course you learn how to get rid of the different elements of the subconscious and to replace them with consciousness. Gradually the consciousness increases and one is more and more conscious at each moment during both dreams and in daily life.

The less time is spent in these subconscious states in daily life and the less we have them, the more the psyche increases in its consciousness and lucidity and, as a consequence, increasing the lucidity of the dreams, because they are directly related. In other words, the more aware we are in daily life, the more aware we are in dreams. Eventually then we will see the Astral exactly as it is. But that is really a part of a long process, which I will explain more about on the esoteric course.

Dreams That Belong to the Subconscious

The many egos comprise the subconscious. As you already know they influence and give rise to thoughts, emotions, desires, gestures, habits, words, actions, etc. You can be aware of all these manifestations during the day when you are being aware and observing them. However, when you go to sleep you do not leave them behind, the psyche goes into the fifth dimension where the dimension of dreams is and where the egos reside. Then, what were thoughts, emotions, desires, etc in the physical are projected by the egos in the Astral plane. However, since the Astral plane has different laws, those projections are turned into live images that we call dreams.

Many of these dreams can be incoherent and random, but the dreams give an accurate view of the state of the psyche, since the psyche continues in dreams but without the physical body to bring it back to the physical world and give the psyche direction. The lack of continuity in dreams reflects the scattered nature of the mind and lack of psychological continuity in the physical world. In dreams ones true psychological state is reflected. The egos can get up to worse things in dreams than in the physical world, here they have that potential, but they do not do it because they are aware of physical laws and have codes of morality, etc. However, when they are active in the

Astral they let loose all their unfulfilled desires, feelings, thoughts, emotions, ideas, ideals, etc. This is how time is spent at night in the dreams in the Astral, busily feeding more egos.

Many people with good behaviour here act in ways that are against their moral principles there, many have an image about themselves being very good people, right about so many things etc, but the dreams uncover the true reality. With this work what is within, uncomfortable though it may be has to be uncovered, when it is, then it can be removed. Hiding away from ones own reality makes true change impossible.

The egos have different levels, so where actions have changed in the physical world, like not smoking or gambling for instance, the egos continue to exist but in more subtle layers of the mind, these can be highlighted in dreams.

So if a person has stopped smoking here in the physical after a long struggle, they may find that they have recurring dreams where they are still smoking. This type of dream is showing that although that person has reduced the ego in the physical, that ego continues to exist in a more subtle level and it shows up in the Astral. That means further work needs to be done for that ego to disappear in the dreams too. Later on, if this person was serious about the elimination of that ego and got rid of even the minute thoughts of smoking in the physical, then they would find that if they are offered a cigarette in a dream they will refuse it. Then it is clear that the elimination of that type of defect has been thorough in the more subconscious levels and it has shown up in the Astral realm and a fundamental change has occurred. The egos work in different subconscious levels and the work goes into more subconscious regions as it progresses along the esoteric path.

All this applies to any ego, the work on them goes in different levels and the egos easily revive unless they are rooted out in this way. Therefore it is vital to remember the dreams and use the hours of sleep to carry out an in-depth work and not to let it go to waste.

Thorough observation of oneself is also required, if a tiny detail of an ego manifests here in the physical plane it will manifest with its full consequences in dreams, whether or not that ego was spotted in the physical world or whether or not its occurrence was remembered in a dream. Spiritual Beings look at dreams to test and to see how a person is spiritually and psychologically.

Bear in mind that the subconscious is not trying to work things out while dreaming, it is projecting what is there onto the Astral plane, that time spent there needs to be used to gain self-knowledge by remembering it and using it here in the physical world. The work of self-knowledge is done consciously not unconsciously in dreams.

Using Dreams To Correct Harmful Actions In The Physical Plane

To progress spiritually and esoterically, it is vital to have good behaviour. Stealing, lying, being aggressive and so on are impediments to the path, all behaviour like this needs to be corrected and dreams provide vital information to be able to do this.

Actions in dreams show what one is capable of doing in the physical world with all restrictions removed. You can look into dreams to see what egos need to be reduced further and what actions need to be corrected, in a way that you couldn't see clearly here. You can see how your behaviour is being corrected here by seeing your behaviour in your dreams.

Dreams that show exactly the way the egos are and what behaviour needs to be urgently corrected come from ones own Being or from the spiritual beings that teach there. With this type of dream for example you could see yourself committing harmful actions that you commit in the physical world, this indicates that they have to be stopped urgently.

You can also see what the egos can do, even though they may not do it in the physical due to other considerations. For example, you could find that your behaviour may be really bad in terms of the ego of anger. It could be that in dreams you react angrily and start throwing things around, screaming and being hysterical, something that you do not normally do in the physical. However, by being shown such dream you are being shown that, that particular ego is quite big and there is an urgent need to get rid of it, as it is a major stoppage in your spiritual advancement.

These types of dreams have to be taken very seriously and the ego involved must be worked upon. If you do it, then after a while you can find that in your dreams that particular behaviour of the ego is gone, that indicates that the work was carried out successfully.

Esoteric Teachings

These types of dreams belongs to a person's personal learning, where the spiritual beings teach them. One can be shown many things as the teachings require, sometimes directly, or at other times using the symbolic and intuitive language of the Astral plane. It is beyond the scope of this course to explain about them, but more information can be found on the Astral and esoteric courses.

These types of dreams are not to be told to anyone because they belong to the personal secretive side of the work upon oneself. If they are told, then, that type of information is not given again until they know that one can be trusted with this type of information.

Divine Assistance in the Work

This is a spiritual work because there are spiritual beings helping each person who tries, to become spiritual beings themselves. The spiritual beings that help most closely are beings that have the characteristics of ones physical parents. They are the male and female aspects of ones own Being that have roles similar to physical parents - ones own divine mother and divine father. They are the ones that set the psychological gymnasium in which one learns here in the physical and they put many of the teachings in the dreams. The divine mother works to destroy the egos. This work would be impossible without their help.

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