

## **Sleep - a gift from the Creator**

This text explores the subject of sleep, an activity in which humans spend nearly a third of their physical life, but which has some key aspects that scientists have yet to uncover.

Perhaps few other human activities have been as intensely and widely studied and analyzed over the course of history.

In our modern world, sleep counselors work with insomniacs who desperately hope to enjoy better sleep. A plethora of drugs and sleep aids are promoted on the internet and by health care providers each of which claims to have the best solution for sleep problems.

Endless sleep studies have been, and are being, conducted, which endeavor to definitively identify and understand the role, process, and purpose of sleep. Many people wear devices nightly to monitor and track their sleep patterns and stress out if they are not getting enough of the “right kind” of sleep - the right kind being deep sleep or REM (rapid eye movement) – the stage of dreams.

Almost every mammal sleeps, although not all for the same duration or in the same manner. This suggests that sleep is fundamentally important for the well-being of physical bodies. While evolution has shaped how animals sleep to fit their environment and survival needs, the reasons why they sleep are broadly the same: brain function, bodily repair, and energy balance.

Research has shown some indications that animals may even dream. These are exhibited by brain waves that resemble REM in humans but are not the same as humans experience.

### **What is REM sleep exactly?**

Science claims that during REM the brain is activated in a different way than while awake. Its activity is well organized and internally generated rather than reacting to the environment as when awake. According to scientists, the brain while asleep is operating on memory, emotion, imagination, and “random neural firing patterns” (whatever that means). These combine to create the ingredients for dreams. During this time, the prefrontal cortex, (the home of the intellect which is bounded by space and time to the material world) is inactive. This leaves one to experience vivid

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“stories” created by emotion and imagination but unrestrained by “logic and self-control”.

### Something is Missing

At this point, seekers of the truth are likely asking what role does the spirit play during sleep?

Since science generally dismisses the existence of the spirit, we have to look elsewhere for answers to this question. First, we turn to the book: “In the Light of Truth, The Grail Message” by Abdrushin:

This material describes the frontal or day brain which, as noted earlier, is the realm of intellect’s activity. The frontal brain was originally intended to work in harmony with and take direction from the cerebellum (the small or back brain) which is connected to the intuition. The spirit was to guide the intellect through intuitions via the cerebellum. However, long ago humans allowed their intellect to dominate and drown out messages from the spirit.

*“...the activity of the earthly brain, which we divided into the back brain and the frontal brain. The back brain is impressed by intuitive perceptions. It only absorbs pictures of the volition of the intuitive perception, and after preparing them accordingly it passes them on to the frontal brain. The frontal brain then takes this up and makes it more earthly by remodeling everything again, condensing it according to the frontal brain’s respective radiating capacity and transforming it into coarser earthly substance. In this way it is compressed into a still narrower form, more firmly put together, and coined anew for the expression of the earthly word.*

During sleep, however, the frontal brain is virtually inactive thereby allowing the spirit to generate images and experiences resulting in dreams. As one awakens the frontal brain is immediately turned on allowing snippets of the most recent dream potentially to reach the intellect, but in a confused way:

*“The normal cerebellum, influenced by the spirit, would render dreams clear and unconfused. That is to say, they would not be dreams at all, but experiences of the spirit, received and reproduced by the cerebellum while the frontal brain rests in sleep. The radiation of the now overwhelmingly strong frontal or day-brain,*

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*however, makes its influence felt upon the sensitive cerebellum even during the night. In its present weakened condition the latter absorbs the strong radiations of the frontal brain simultaneously with the experiences of the spirit, creating a mixture like a double exposure on a photographic plate. The result is the confused dreams of today!” ...*

*“Even when the gross material body is asleep its firm union with the soul is loosened, because during sleep the body produces a different radiation which does not bind as solidly as the one required for the firm union. However, since the union still exists only a loosening takes place, but no separation. This loosening is immediately eliminated at each awakening.” ...*

*”...here on earth you only designate the ability to think as being awake, and the inability to think as sleep or unconsciousness! Here it is a matter only of the so-called day-consciousness, which is exclusively the activity of the frontal brain. The back brain is always awake.*

Now let us turn to another source for additional insights about sleep: “The Book of the Last Judgement” by Roselis von Sass (1906–1997) an Austrian-born writer and spiritual philosopher who spent most of her life in Brazil. She is best known for her works that explore the "Grail Message," ancient history, and the spiritual laws of the universe. She is known for her clairvoyant approach to the distant past blending historical narratives with spiritual insight.

The chapter on Sleep-Dream, in this book begins with:

*“ ‘The Lord provides for his own while they sleep.’ This saying is very true, for it is while the earthly body sleeps that the spiritual energy necessary for life in gross matter flows to human beings, bestowing health, balance, and knowledge.”*

Concerning REM sleep filled with dreams, she notes that: *“Technical instruments cannot investigate phenomena of the spirit or soul - even the most advanced equipment has its limits... Dreams are a second life—a parallel life—that every human being lives unconsciously!”*

As readers of this website understand, human beings have three bodies of different densities and substances made-up of the spirit, soul, and the physical body. Each of

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these are nested within each other and connected by invisible cords. The physical body needs the intellect while the soul is connected to the intuition as it is closer to the spirit. Ideally the spirit's volition is transmitted to the intellect of the earthly body for action. Unfortunately, few humans today are able to hear or perceive their intuition due to overdevelopment of the intellect.

As noted earlier, during sleep the body and the brain rest meaning all intellectual activity ceases. However, the soul does not need rest *"It pursues its own path and takes its own actions—fragments of which oftentimes reach daily consciousness."*

During sleep the cord that bonds the soul to the physical body is loosened but not severed. Total disconnection would result in death of the physical body.

*"When a person falls asleep, the astral body detaches itself from the earthly body. It awakens in the same place the earthly body rests—but in a parallel realm. Likewise, as it first awakens, the soul's appearance and clothing are similar to the ones of the earthly body—for the connection to gross matter is still too strong for there to be any great differences..."*

*The separation from the earthly body results in a detachment from the intellect. Consequently, people live and act entirely according to their intuitive feelings, free of any inhibition. All suppressed desires can be freely fulfilled—for better or for worse! ...*

*To picture the phenomena that take place in the ethereal world, readers need only think of the countless forms of greed, lust, addictions, enmity, and so on that torment most of humanity...*

*The ethereal world is additionally populated by the souls of those who are already deceased on Earth but are still connected by many karmic threads to earthly human beings. While they sleep, human beings who are still alive on Earth meet these souls in the ethereal plane. It is not rare for karmic threads to be redeemed in these encounters—threads that have perhaps long bonded the people at hand. This, however, naturally depends greatly on the inner state of each person involved.*

*The encounters between the earthly living and dead that take place in the ethereal plane while a person sleeps also shed light on the dreams many have that include people they deem to be strangers.*

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*Dreams are experiences of the soul that take place in the ethereal world while the earthly body sleeps. Regardless of how good and instructive or bad and oppressing these experiences might have been, few, if any, of them reach daytime consciousness. No dream or conscious memory can capture these experiences in full. Nevertheless, the events transpired in the ethereal world cast their gloomy shadows or cheerful radiations upon each one's life.*

*If the experiences were good, the person will awaken with a happy, grateful heart, eager to work. Nowadays, the opposite is usually true. The events most experience during earthly sleep are depressing in every sense—as is the feeling of waking up. Many disturbances, such as anxiety, depression, physical pain, and countless symptoms of diseases are consequences of unpleasant and bleak experiences in the ethereal world...*

*Dreams are the recollections of that which the soul experienced beyond gross matter, while the earthly body slept. These memories are but insignificant fragments of what was really experienced. Yet, by the time they reach the brain, even these fragments are distorted, for as the person awakens, thought-forms interfere and take over, thus giving rise to the confusing dreams of today...*

*The process lasts only a few seconds! Nevertheless, so much can be experienced in this short time span while the earthly body is still not fully reconnected! ...*

*Typically, as the earthly body awakens, the soul is strongly and painlessly reconnected to it, as if they had never been apart. When, however, a person is suddenly awoken by an unexpected noise, the reconnection is not as seamless. The violent reconnection to the earthly body leads to a painful shock—causing the person to wake up to a pounding heart.”*

### **Are there particular times for sleep that foster meaningful dreams?**

According to “The Book of the Last Judgment”, there are specific times during which the soul can enter the “regions of peace” where the soil is fertile for dreams:

*“The harmonious cooperation among the spirit, soul, and earthly body hinges on the precise adherence to the rhythm of time, which has reigned over mankind since the beginning of time.*

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*Only those who go to sleep before eleven pm can expect to experience beautiful and enlightening moments in the astral world... After eleven pm, no one is able to find the way, or be led, to this region. The gates that lead to these regions, called regions of peace, open at eight pm... At about four am, the souls of the human beings that live on Earth must leave, before the gates close again...*

*Sleeping during the morning hours is unhealthy however, for only when awake can the earthly bodies absorb the essential solar energy. Every hour of sleep after seven am depletes the body of some of its vital energy and throws the cooperation between body and soul off balance."*

The author also notes that one should avoid the excessive use of sleeping aids which are harmful to the functioning of the earthly body and paralyze the soul and the spirit nearby interfering with the natural benefits of sleep.

*"All that is unnatural hinders, disturbs, and paralyzes human existence. Human beings must learn again to live their life in accordance to the rhythm of Creation, which manifests God's Will."*

### **Additional Thoughts**

There are other periods of time that afford an opportunity for the spirit to make progress. Consider the moments prior to drifting off to sleep and those when one awakens interrupting sleep. Our tendency is to consider such times as insomnia because of our anxiety to enter sleep or remain asleep in order to wake up refreshed so we can tackle the next day's purely intellectual activities.

However, if one can prevent those times from being overwhelmed with intellectual thoughts or worries, that cannot be addressed at that moment anyway, they may afford a perfect opportunity for quiet meditation which may lead to insights that will clarify a situation with which one is struggling. Such opportunities are a result of the inquiring spirit being at rest and finding the gate open for deep reflections.

We also must recognize the danger to a spirit whose physical body is dying having failed to extract the important spiritual lessons of its current incarnation. Because of the intellectually frenetic pace of today's 24/7 lifestyle there is often no allowance for such recognitions. This results in a wasted life earth life for the spirit which then may need another reincarnation to return to the earth and learn those lessons.

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Otherwise the spirit will not be able to make the progress required for its advancement on further planes of existence in the beyond.

For an in depth understanding of the natural laws of creation as they pertain to sleep and numerous other important spiritual issues, readers are encouraged to explore “The Grail Message”.