

72. Sleep state

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We are not always aware of what we do in our sleep state

Salumet states that it would be a very worthwhile exercise to be able to remember what we do in our sleep state. He gives some advice on how to achieve this. Interestingly, we do not return to spirit world in meditation, but remain in our physical bodies, unless in very deep meditation. (30/1/95)

Are you aware of how busy you have been since last I came?

Les: Yes it has been very busy. You are aware if it, you say?

Are you aware?

Les: Yes I have been very—

I speak of you personally.

Les: Yes. I have been very busy and I am aware of it.

I do not speak of the work you do on this earthly plane. I am speaking of your trips to us, in your sleep state. Have you not been aware?

Les: No, I must be honest I can't say that I have.

My friend, you should be endeavouring to keep that knowledge with you, when you return here.

Les: I shall make a further effort to do so.

Your communication skills are well known on our side of life. There are many who offer you their thanks. If only you could feel their love *surround* you, it would *uplift* you in all your daily tasks, whilst remaining in your physical body.

Les: Yes. I do feel that sometimes, I must agree. I must make more effort to try and remember what happens during my sleep state though.

Perhaps you would feel more tired. (*Gentle laughter*) No, I only joke a little with you—of course you would not.

Les: No, no I will try and do that and concentrate more. I'm sure it will be most interesting.

You have *all* within these last months, come to me in your spirit bodies.

Les: So everybody here then should make an effort to remember what has happened during their sleep?

The exercise would be very worthwhile to you all, to your development and I am here to help you with that aspect of yourselves, as you well know.

Les: Yes, true. Can you suggest any particular mental exercise that would be beneficial, for the remembering of our visits to you?

Yes, if you wish—I would suggest before you go into your sleep state, and here once more, we come to what I will *always* tell you, the power of your *'THOUGHTS'*. If you would mentally say to yourselves, in the state between being awake and being asleep—you know of the state I speak of—(Yes)—when you are, how can I say, half here, half with us—mentally make the thought, *TO REMEMBER ALL THAT OCCURS IN YOUR SLEEP STATE*. Do this each night and eventually you will come to the state of remembrance. It must be thorough, it must be done continuously, if you wish to achieve results. Also, on your awakening, perhaps you would write down what you remember.

Les: Yes, that's certainly a good idea.

Gradually you will see a *'FORMATION of THOUGHT'*. To begin with, it may seem rather jumbled up. But no matter, it will all eventually come together. You will realise what is natural *dream state* and what is an occurrence in the *Spirit realm*.

Les: They can become confused, can they?

They will be to begin with.

Les: Then perhaps I have been remembering some things, because I've been puzzled at some of the peculiar dreams I have had. Not unpleasant dreams. So maybe I have been remembering, but putting them down to physical dreaming.

Yes, this is what happens. Your physical brain tries to interpret what is a spiritual happening, which sometimes causes confusion. But if you endeavour to continue each evening, each morning, you will find a pattern emerge. I hope that will be helpful to you and I say to you all: Please do these things, for your own unfoldment.

Les: Yes. I have been trying to be aware of coming over to you, but perhaps as I say, I've been accepting it as physical dreaming, rather than an awareness of what has happened over there. So, I must pay more attention to that.

Yes. Write it down. Then you will see the pattern emerge. It is much easier to look back, when it is written down, than to try to use your memories, which can fail you.

Les: True. It often does. I know in the past I have had very pleasant experiences on awakening, recalling what has happened and I can only assume that I have been over to you, but lately, I don't appear to have done that. But as you have said, it might have been confused with physical dreaming.

I can assure you that you do come to us, as you all do. It is not an unusual event. You all leave your physical bodies, while in your sleep state, all of you.

Les: So it might be helpful also then, to concentrate on coming over to you, would it?

You need not concentrate, it will happen in any case. What you need to concentrate on, is the remembrance of the visit, do you see? Because then you can remember what has been taught to you, to the spiritual aspect of yourselves. That is what you need to remember. Do not try to force yourself—that will not work.

Les: No, I have for some time now, before I've gone to sleep, tried to get interested in meditation, because that's the best time of day for me. So I have been semi-prepared to come over, I suppose, without concentrating on it.

It is slightly different when you speak on meditation. When you sit for your meditations, what you are doing is of course, raising your consciousness, yes we know. When you are in your sleep state that spirit aspect of yourself returns home, to be rejuvenated.

Although you can sit in meditation and raise your consciousness, the spirit remains within the physical being. Can you see the difference? (Yes) So you don't necessarily leave your physical body, when in your state of meditation, unless you are in a *very deep* state of raised consciousness. There is a slight difference, but people assume it is the same, it is not.

Les: Right, that leads me to a question. Perhaps you can give me an answer to something that happened many years ago. It may seem a bit humorous, but it's quite serious. A communicator through one of our ladies, was astonished and I quote her words, 'To see me here in the group.' Because she thought I belonged in your world. So I said, 'Well what makes you think that?' Her reply was, 'Well I've seen you here in your pyjamas.'

And that confused you—

Les: It did yes.

Yes, it was the mirror image of you as you slept. Mainly, what would be seen would be your colour, your light in the spirit world. But for recognition purposes, your own higher self, decided that you needed to be clothed. And so it was you were seen in your pyjamas.

Les: I see. I've puzzled over that a number of times, but that certainly gives a comprehensive answer now—makes it much more acceptable.

It was that part of you, that was a little unsure and needed—not protection, but assurance that you would return. You see, things are not always so clear cut as people would expect. But that was the reason why.

Les: Oh good, thank you. I'm glad to have that resolved, because it did seem rather confusing.

It is easy to confuse physical dreams to spirit world happenings whilst in sleep state

Les asks about this very point. (30/1/95)

Les: Whilst you have been talking, I have been going back over my dreams and I realise now that I probably *have* been aware of what has been happening, but have been assessing it as a physical dream, because I do know that I have often been talking to people and giving them much help. But I thought it was all on a physical basis. I think I obviously was wrong in that and I have been helping them in your world, but construing it as physical dreams.

Let me speak a little to you. When you came upon this Earth plane, you had made the decision that when the time came in your life that you would work for spirit, that you would help in as many ways as you could. *You* my friend, are a *very* old soul, with knowledge that goes back many aeons of time. You made the decision in this lifetime that you would return to this Earth plane to help others, but mainly your task, was to teach. Part of your decision was that regularly you would return to that **home of love, where you**

would continue to help those on the other side, *our* side of life. This was to be a difficult life for you, at many stages. You wanted to make recompense for that which was left undone last time. So you see, from the very beginning of your earthly life, you have returned to us to work—not for pleasure, not to see others whom you love, but to *work*. You can say you work on *both* sides of life.

Les: Thank you for that explanation, it certainly has cleared a lot of points, which have been not exactly a worry, but which I couldn't quite understand. I do appreciate what you've told me.

I hope it has made life for you a little clearer.

Les: It certainly has Salumet and I do thank you very much. It was something I hadn't realised, I must admit.

Narcolepsy causes excessive daytime sleepiness

This distressing condition causes sufferers to keep falling asleep unintentionally during the day. The treatment of this condition has led to the discovery of a drug that keeps sufferers awake, but then wider questions have been considered. Do we really want to live a life where we are kept awake 24-7? (30/6/03)

Graham: There was a programme on our television which was talking about a scientific breakthrough on the subject of sleep and the fact that scientists now think they have greater understanding as to why some people find it very hard to stay awake and they spend most of their time fast asleep and it is a real battle to try and stay awake. In investigating all of these things, scientists now think that it is something to do with what goes on in the centre of the brain and a certain drug is released by the brain. Drug manufactures have now talked about creating this drug to have the opposite effect, thereby administering this drug with the intention of keeping people awake so that they no longer need to go to sleep. They have described a society where people are awake 24 hours a day and they never go to sleep. I can't help thinking that this would be an extremely bad thing, because of the link we have with Spirit world during our sleep time and that would be severely interfered with. I would be concerned that this line of scientific effort would probably be a bad thing for mankind. Could you say anything about that please?

Yes. Let me say this to you, that as I have told you many times, your scientists are impressed from our world for all and many, many things in this world. Information gained for the good of mankind, we have to say scientists in this age of your time are not accepting with full love and understanding. I have just said that we cannot interfere in your lives, and this still stands. We can influence, we can uplift, but we cannot interfere. Therefore, if information given to these scientists is abused, then again I bring to you responsibility, but to go further and answer your question, I must say this: that to interfere with the sleep state of an individual cannot be good for that Spirit, because, as you have rightly said, in the sleep state the Spirit frees itself from the human form. I believe you will find that this state of affairs *will not happen*. The Spirit will always find time to leave the body, to after all be rejuvenated in our world whilst the sleep state exists.

Graham: Yes. If that rejuvenation didn't happen, then I would imagine that the consequences would be awful.

Yes. I will not go into that just at this present time, but it does not leave much for your imagination to consider what the consequences might be. Are you happy with that?

Graham: Yes, that's very interesting, thank you.

Lilian: If we have what we call a 'nap' in the daytime, and especially as one gets older, does the Spirit go then into the Spirit world?

The Spirit will always take any opportunity to be refreshed and rejuvenated.

Lilian: Sometimes I have woken up in the daytime and felt very cosy.

Yes, that is because the Spirit has been freed from the entrapment of the body.

Does it matter about orientation when we sleep?

A question that many feel passionate about. Salumet gives a reassuring perspective on this.
(13/1/20)

Paul: I apologise if it's already been asked once before, but some people say sleeping in different directions at night, some people say head in the south is best. I don't know if you're able to say if it's important, which direction we sleep at night?

I have spoken and understood all of these things. I would say yes, it is all to do with energy lines and how acquainted you are with them of course. But what is more important is that each individual—let's take sleeping, sleeps in the way that is best for them. So, I would not be too concerned that you are not sleeping in the right direction; the fact that you can sleep and return to Spirit is much more important. (Okay) But yes, I understand your question and I know some people are very passionate about these things, but don't be concerned, because your Spirit, which after all is what the human being houses, will always find enough sleep to continue.

Paul: We do move a lot in our sleep anyway, (yes) so I guess we'd wriggle into a better...
You go to the position that is best for yourselves, yes.

Paul: That clarifies—so we probably don't need to move our bed—that's good.

If it makes you feel that is the correct thing, then there is no harm, but all I say is that the Spirit will rest wherever. (Thank you)

Graham: Is there any advantage in sleeping in a pyramid?

Yes, again, we've spoken of this on a few occasions and it is all to do with energy that forms within these shapes. (Okay, thank you)