

## 16. Dreams and sleep state

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### Returning to spirit world during sleep state

Les asks for confirmation that this happens during sleep state. (18/7/94)

Les: I am told that often during our sleep state, I emphasise often, not always—we are permitted to come into the next plane, into the etheric world, and help with the work there, and benefit from the experience. Is this so?

**That is so. You see, another matter which is quite normal, but people find difficult to accept.**

Les: Yes, this is why I wanted it confirmed or denied, for the benefit of my colleagues. Thank you for confirming it.

**Your sleep state raises your consciousness, which makes it easier for you to leave your physical body. So, yes, there is no difficulty with that.**

Les: And we do in fact work in the Etheric World, during our sleep state?

**You *can* do, I would not say that you all do—of course not.**

Les: We can do if we wish?

**Yes, it would depend on the individual of course and the desire to wish to do that.**

Les: But we are not for some reason, permitted to retain a memory of our visit—

**Yes, you *are* permitted—it depends on the individual again—yes. It is not that it is not permitted, it *is* permitted. But for some it is easier to recall.**

Les: I see. But others have the ability, but can't use it?

**The ability is there in *all*. As I say, it is a very individual thing. You can have two musicians, both knowing the same tune, but one has a better memory. It is simple, it is as simple as that.**

Les: So it's something, presumably, which we could educate or train ourselves into accepting and developing?

**It is something you can develop if you wish.**

## What are dreams?

Debbie asks about dreams being either the subconscious going through the events of the day or events from astral travelling in your sleep state. (6/3/95)

Debbie: Can I just ask what are dreams exactly, because sometimes we remember them, and sometimes we don't.

**What are dreams? You can dream—your dreams are your subconscious mind possibly going through events of the day. Or it can be, as we have spoken, that you have travelled in your sleep and you *are* actually recalling what you have done. It can be two things—do you understand that? Or do I need—**

Sandra: Yes. We can actually make ourselves dream bad things, by worrying about them. Can our subconscious make ourselves dream them?

**Again, we go back to what I have said. Thought is *the* most powerful thing. You create your own demons, you create your own happiness, you create—Let me say when you go to the spirit realms, that is what you will have, THOUGHT. And eventually, the use of words is not necessary. Always remember thought. Be careful in your way of thinking, because you can create that thought.**

## Why do we sometimes feel 'down' after dreaming and being asleep?

Salumet explains that we suffer a shock to our system when coming back to this physicality from that higher plane of existence. (6/3/95)

**I want to know from the gentleman, what he has retained please. What do you remember?**

George: I have very limited recall, where my dreams are concerned at the moment, but I seem to have a half-awareness. I awakened one morning, knowing that I had had a dream concerning my father, but I couldn't remember what the dream was.

**Have none of you awoken to find yourselves feeling a little 'down' this week? (*Affirmed*) Yes, you know why, don't you? Because coming back to this existence, is rather like a shock to your system. And so, the feeling of being a little down, is natural. I am happy that you have felt this, because it indicates that what you have experienced is good, can you see? (*Affirmed*)**

Les: That would account for my feeling very down about a fortnight ago and I just couldn't understand why, there was no obvious reason, but I awoke in the morning feeling really down.

**It is because you *all* have been elevated to a higher plane. You see, if your awareness had been greater, you would have retained a memory. But I am happy for you, because there is continuity and you all have felt it.**

Les: Good. Is there anybody else who is aware of having been with Salumet? Any unusual/pleasant dream?

**It matters not. The fact that *all* have felt this feeling of being 'down,' as you say, is good. It shows that you all have experienced the same feeling.**

## Two simple dreams explained

Debbie describes that her dreams have become so vivid that it's as though she were awake. Les describes two very simple and short dreams which Salumet then explains. It appears that dreams are full of symbolism. (6/3/95)

Debbie: You said for us to remember our experiences when we are asleep. Should we be putting it into our heads when we go to sleep, that we must remember what we dream? Because I try to think before I go to sleep, subconsciously to remember what I've been dreaming. And I tend to find now that although I'm asleep, I feel like I'm awake.

**That is good. It is your awareness coming to the surface. I believe I have said to you, before you enter your sleep state, then reaffirm to yourself what you wish. It is the power of your thought once more.**

Debbie: That's what I've been trying to do, because if you put in your head, before going to sleep, a certain time you want to wake up, you will automatically wake up at that time.

**Continue as you are, and you will be granted *that* that you wish. You see, the power of your thought will create, that is how it exists in the spirit side of life. The thought is projected forward, therefore it becomes an actuality, do you see? (Yes) Good, *good*. I am so pleased for you all. Please continue to open up all of your senses.**

Les: If no one else wants to make a comment, I have been doing as you suggested Salumet, and jotting down my dreams or visits, to see if I could sort out which was which and I did have two quite interesting experiences. I was standing on a beach and someone was giving me some very large fish and I had an awareness that this was symbolic of spiritual feeling, which would be given. The other occasion was that I was at the front door of what would appear to be a normal house, but it was all white. The front door was opened without my knocking, by a lady in white and I just went in and that was the end of that.

**Good, good, let me explain for you, shall I? Let us take the second part of your question. The white house, of course, is symbolic of a house, as you would know it, because here on your Earth plane, that is where you feel secure and comfortable. (Yes) Yes. You entered freely, because you knew within yourself that you would be welcome, you would be safe, you would be secure. The lady within, with the white robes, is one of your own teachers. The fact that you do not remember or recognise her should not be a concern for you—as your visits become more frequent so too will you gain more knowledge, more teaching, to bring back. Your visits there are of an instructive nature; this I have told you before, but the very fact that you remember entering and seeing the lady is good. Continue as you are. Do not have any doubts that what is happening to you is all in your mind, as you say. These things are taking place.**

Les: Good. I must admit, I awoke each morning after those two incidents, feeling very, very happy, for no apparent reason.

**It of course brings me to the first part, which will explain why you felt so. The fish was symbolic, as you say. It was a gift given to you. But what is more important is the location. To stand by the sea, denotes strength. You were being given help and strength. It was a simple gift, to be accepted simply. And you did so in that manner. So, you see, that spiritual strength sustains you. That is why on awakening, you could feel and sense that spiritual strength.**

Les: That's very, very interesting. Thank you for the explanations.

**Please *all* of you continue, we can give you so much more, on our side of life.**

Les: Yes, I certainly look forward to my visits now.

**But remember, if you awaken and you feel a little down, rejoice in the very fact of that feeling, because know within your hearts, you have been elevated to those higher realms. If the feeling remains with you throughout your daily tasks, then please by all means, ask for it to be removed.**

## Body clocks

Sometimes Mark must get up early at a different time from normal and yet he finds that this is not a problem, and he just wakes up at the appropriate time. He was wondering where this 'body clock' comes from? (24/7/00)

Mark: They talk about *body clocks* waking you up at the right time in the morning, but I wondered if sometimes you were given a nudge from Spirit to wake up at the right time if you had to get up very early at a different time from the usual. Sometimes I find I have only just woken up in time to catch a ferry or something very early in the morning and it seemed to be uncanny.

**Why should this seem so, my dear friend, after all in your what you term 'dream state' you have the freedom of Spirit which is more knowledgeable and aware of your own physical body's requirements. You, of course, would give out the thought before retiring to your bed and that thought state would be known by your Spirit. That is why these things occur. It is not always a *nudge* as you say from another, but your own internal knowledge.**

Mark: That is not a physical phenomena?

**It is the Spirit that more expansive knowledge and would know what the thought and thinking would be. Does this not make sense to you? (*Affirmations*)**

Mark: Yes it does. The thing that I was slightly unsure of was we have been told that our physical time is not present in Spirit, so I wondered about whether it could be done—it was that part that I found a bit confusing.

**Yes, remember that the physical being is only the result of the spiritual thinking. It is the Spirit that is all-knowing, which is wise, and which can achieve many things for you. Therefore, *time* as you know means nothing to the Spirit and you know full well my dear friend that when the Spirit returns to our world in part of your sleep state time, the knowledge would be known and therefore when the Spirit rejoins the *physical* overcoat,**

**that knowledge then becomes the reality. Do not always assume, my dear friend, that external influences are taking place. Remember that you have full control.**

Mark: So, the Spirit after it has gone into Spirit world, it just knows when to return to the physical being and then the physical being wakes up at that time.

**Yes, it is simple, but you seem to make it more complex by your thinking. (Chuckles) Yes, I do not wish to confuse you, but yes you are speaking of the simple knowledge that the Spirit holds. You could if you so desired try these things on a regular basis and be aware of the thought that is being sent before you retire for your sleep state, and you will find that your Spirit will accept the thought and then create the reality. Is that helpful to you?**

Mark: Yes, it is, thank you.

### Keeping a dream journal

Salumet is asked about keeping a dream journal so enabling a record to be looked at for reference. (26/3/01)

Sara: Can I ask a question about dreams? **(Of course.)** My daughter is very interested in her dreams and their meanings. She is 14 and I wonder whether I should encourage her to keep a dream journal as a first stage of helping her to develop the interest.

**Yes, there is no reason why she should not. By keeping such a journal as you call it, it determines the difference between 'dream state' and 'dream state in our world'—there is a difference. But the more you come to realise and keep note of all of these *dream states*, you will come to recognise those that belong and come from our world. Inspiration, judgement, guidance come to you *all* within your dream state. But of course there are also *dreams* that belong to the *physical being*, which are very muddled and are trying to make judgement of what has happened within your lives. So, you must make judgement upon these things and it will come to her. She will instinctively know the difference, if she continues to take note of them. (Thank you.) May I say my dear friends, that each one of you should make note of what comes to you in sleep state, because not only do you come to our world, but you are given the guidance that each one of you seeks and needs, to perfect living upon this planet. Dreams are important to your development whilst you inhabit these cloaks of physicality. Do you understand? (Yes.) So yes, my dear friend, please to encourage your daughter. (Thank you.)**

### The process of dreaming

During sleep state, our spirit is freed, and we can return to spirit world for a short time. Salumet gives more information about this process. (20/8/01)

Jan: I do believe in my heart that recently I have been taken over to the other side in my sleep-state, and I do remember being brought back by a loved one and vividly seeing this person. Am I correct in this belief?

**Let me say this to you, that in your what you call sleep-state, is when the Spirit is freed from the heaviness of the physical being. Each one of you has been to our world—each one of you—and I speak not only of the people within this room, I speak of *all peoples*, whether their belief is as yours or not. Each one of you, as you quietly are in your sleep-state, come in our world, either guided by those who stand close to you, or by those who have loved you upon this Earth plane. This is not unusual, but what I would say to you my dear friend, is this, that if the desire, the willingness to meet with those in our world is great enough, then the memory will be retained. I believe this is what has occurred with you, but all of you are capable of this.**

Jan: This just seemed *more* than a dream. **(Yes.)** This person was actually in the room with me and rubbing my face and telling me to come along **(Yes.)** as if they were bringing me back and it was wonderful, and I now know that I wasn't imagining it, and I welcome it.

**No, if it had been nothing but a dream of the physical kind—and of course we are on slightly different waters here, because you can have dream-states which are nothing to do with being in the world of Spirit. But when the memory is so strong, when the desire is strong, then you can be assured that you have probably been with us and can remember what has taken place. I would say but one thing to you my dear friend, give thanks to those who have protected and loved you and returned you safely.**

Jan: Yes, I did thank them, it was a wonderful experience again and I know I'll be protected. **Yes, it is within all of you. As I say, each one of you returns home, each time you enter that sleep-state. It is an opportunity for those who stand close to you, to show themselves, to *show* themselves to you as they *are*. But of course, being clothed in the physical being, means that you have to return to these conditions. What most people upon this Earth lack, is the memory. But all of you are protected, have no fears about this.**