VI

Science of Sleep and Dreams

Meaningful coincidences are thinkable as pure chance. But the more they multiply and the greater and more exact the correspondence is, the more their probability sinks and their unthinkability increases, until they can no longer be regarded as pure chance but, for lack of a casual explanation, have to be thought of as meaningful arrangements. As I have already said, however, their “inexplicability” is not due to the fact that the cause is unknown, but to the fact that a cause is not even thinkable in intellectual terms.—Carl Gustav Jung “Synchronicity”

Searching for a Modeled Understanding of the Human Constitution

For those of us who can recall their significant visions through dreams, there is a universal recognition of knowledge originating from an intelligence that is far beyond our feeble conscious capabilities. These visions can infuse tremendous levels of understanding while inspiring a profound sense of humility. Sometimes the messages are comprehended within a matter of seconds, like a lightning bolt, and sometimes it may take days, months, or even years before certain events will unfold contributing and infusing them with significant meaning. These dreams of significance are an untapped source of wisdom that is our humanity’s greatest intellectual treasure. But instead of creating hospitable and sympathetic environments that respect, foster, and promote the human dream experience, we have developed a culture that has moved towards marginalizing if not overtly stigmatizing and ostracizing those that show any interest or even attempt at conveying them. This was likely one of Carl Jung’s greatest frustrations in how modern society ignores and shuns the wisdom that is continuously being disseminated through humanity by inspirational and instructional message through the dream state of the individual. (1)

The ultimate goal of these discussions is to infuse ideas and concepts with spiritual truths so that we may become acquainted with the contemplative process through inspired sources including personal dreams, visions, inspired science, and scripture. It is also essential to understand how this higher intelligence, revealed within our sleeping state, relates to our consciousness and the overall health of our bodies. In the most imperative sense, it is time for all of us to remove the dream from the closet no matter how vulnerable or awkward it may seem for the realm of the spirit is now more than ever, planting seeds of truth within every one of us even though few possess the fertile ground
to germinate, let alone the will to nurture these seeds to fruition. Yet, this limited awareness is rapidly changing.

Ancient wisdom conveys to us that the human being is a composition of many components. Many of these insights suggest that man can be represented as a three, four, seven, nine, or twelve fold manifestation. These components are archetypal, and it becomes essential to understand that knowing the truthful nature of our elemental bodies is critical before a holistic approach to healing can be initiated. In the previously illustrated instance of Dr. Eben Alexander, his near death experience demonstrates to us that consciousness occurs despite the fact that the brain does not function. This really should be no great revelation to us; yet it is, simply because our current scientific theories in regards to thought and consciousness remain incomplete for those who choose to stay entrenched within linear Newtonian causal logic.

What we are taught through our current medical science amounts to the following simple illustration:

![Figure 6-1. A linear model of cause and effect in the human body.](image)

This system demonstrates to us what may be occurring on the physical plane, but as spiritual science suggests, there are systems that parallel and are intimately connected to what is happening in the body, and are therefore, non-causal. (2-5) An appropriate reference point for this discussion begins with a consideration for the wisdom embedded within our ancient symbols of healing. One such symbol is the Staff of Asclepius, which conveys to us the presence of multiple bodies. The rod represents the physical body while the coiling of the serpent represents additional energy bodies. Further insight to this is revealed within the vision of Ezekiel who saw the human being as a composition of four angels that appeared as a man, bull, eagle, and lion.(6)
Within the four fold consideration, there are three energy bodies integrated within the physical body that is centered within the energies and functions of specific organ systems. The Ego body energy is centered within the neurosensory system represented as the symbol of the eagle, the Astral body in the cardio-pulmonary-rhythmic represented by the symbol of the lion, and the Etheric body within the metabolic-limbic represented by the symbol of the bull. What is essential to understand is that all three of these energies are acting within all of the organs systems contained within the body’s physical structures. This is not only a theory, but a physical reality as our entire physical body is permeated by the conduits of these three systems which can be equated with nerves, blood vessels, and the lymphatic ducts.

These concepts are as old as our civilization, yet the meaning of these ancient symbols seem to have been lost over time. Still these concepts remains very intuitive as all who are self aware implicitly know that emotions and Emotional intelligence does not originate from the energies of the brain, but from the central region of the heart. And that intuition appears to emanate from an even lower aspect from the rational intelligence seemingly from within the gut, as we commonly refer to it as a gut feeling. Although experiential awareness of these energies develops within many, material science remains skeptical. Again, there is nothing wrong with healthy skepticism as long as it does not become a cult of materialism that pathologically suppresses if not excludes any and all empirical evidence that supports the presence of non-physical phenomena. Fortunately, there are many honest people of science that have not sworn allegiance to the cult of materialism, and if we can see past the manufactured consent of these misogynists, one discovers astonishing scientific research that validate these spiritual insights.

Examples of this insight in medicine come from the fascinating work of Dr. Paul Pearsall and Dr. Dr. Michael D. Gershon. Dr. Paul Pearsall was a clinical psychologist and neuro-
immunologist who worked with heart transplant patients. In work entitled the *Heart’s Code*, Dr. Pearsall conveys to us that his patients who received transplants experienced mysterious transformations of emotionality, intelligence, and skills that they had not possessed before their surgery. (7) In Dr. Gershon’s work, *The Second Brain* he clearly demonstrates that the entire gastrointestinal system is autonomous to the brain, which is exactly what ancient wisdom conveys to us in regards to the function of the Etheric body. (8)

This knowledge of integrative bodies is not based upon theory but on direct empirical observation established through personal human experiences. Regardless of popular opinion, the undeniable fact remains that some people have the ability to see the *aura* that surrounds the physical body. Those who can see the aura know that it has essential qualities that include aspects to its size, shape, and strength of field; various shades and qualities of color; and a cloudy to a sparkling effervescent nature. For anyone who can clearly see this phenomena (and there exists today a significant amount of healers who can) the presence of these additional bodies is undeniable.

If proof is still required to acknowledge the presence of these additional energy bodies, I again humbly suggest an empirical comparison between the entities of a live person and a corpse, as even the harshest skeptic must concede the fact the corpse has no life, no organizing energies, and therefore no aura.

Auras can be captured through photographic technology that is sensitive to energy fields outside of the visible spectrum. There is even a method developed in the early twentieth century by the scientist and physician Walter Kilner M.D. (1847-1920) that captures the human aura through a screen constructed of two glass plates, alcohol solutions, and various dyes. (9) It was claimed that over time a person could train themselves to see the aura without the need for the screen. I myself have seen auras on a few separate occasions albeit under extraordinary circumstances.

There is clearly enough evidence to suggest that these energy fields indeed exist and that at minimum, an understanding of their nature needs to be considered when applying the practice of the healing arts. The challenge for physicians today is to discover and develop productive ways of integrating this level of understanding within our modern practice.

Other variations of these energy principles exist, as for instance in the eastern practice of Kundalini yoga that places emphasis upon seven energy points or chakras which concentrate at specific sites through the body’s central column beginning from the base of the spine to a focal reference above the head. Therefore, a seven fold manifestation can also be considered:
As Theosophy began introducing ancient wisdom from the Far East to modern Western thought, an understanding of these additional human elements began to emerge. This undoubtedly resonated with many individuals in the West because it had already been known but long forgotten by the suppression of Western mysticism through religion and science. As the vision of Ezekiel suggests we are a composite of many angelic entities which are represented by the signs of the zodiac in the form Aquarius (man), Taurus (bull), Leo (lion), and Scorpio (eagle), therefore, there may be as many as twelve manifestations. Theosophical insights beginning with Helena Petrova Blavatskky validate that there are as many as twelve potential elements, yet only seven are actively developed. (10)

Out of all of these considerations, it is still important to remember that these are integrated energies that comprise a unity, and that it is a mistake to rigidly compartmentalize each entity as evolution is continuously taking place transforming us from both outside and within. (11) Also, how these elements are perceived through the souls of different cultures will also manifest in nomenclature with subtle differences. In Rudolf Steiner’s work entitled Theosophy, he states that the elements of the WHOLE man include three distinct sub-aspects of the Body, Soul, and Spirit, which makes a total of nine elements. But as he further explains that in earthly life, some components are unified, so that the number to consider is seven. (12)
These variations inevitably lead to confusion when considering nomenclature of the seven fold system from different sources. For consistency, the following reference will be considered, which acknowledges the insights of science through analytical depth psychology, Western Gnosis, and the empirical observations of Rudolf Steiner. For instructional purposes these relationships are illustrated in a linear fashion, but again, it is too simplistic to consider these interactions only in this way, as the bodies are fully integrated and are actually part of one entity.

**Figure 6-4.** The seven fold constitution of the whole human being inspired by analytical psychology, Gnosis, and Rudolf Steiner’s work entitled *Theosophy.*

---

**The Mysterious Healing Properties of Sleep**

Perhaps the most fascinating aspect to sleep and its intrinsic relationship to healing is the Ethereal body which performs many functions and seems to be directly mediating the interactions between the trinity of Body-Soul-Spirit. When derangements in sleep occur functions that the ancients attributed the Ethereal body, such as memory processing, sleep, vitality, and restorative healing, become impaired. Therefore, there appears to be a direct relationship between health, sleep-dream cycles, and Ethereal body.

All human beings and animals sleep and therefore in one form or another, *dream* (13). The nature of sleep is undeniably healing and restorative and it is virtually impossible to live a whole and healthy life without this essential function as medical science recognizes how detrimental and dangerous sleep deprivation is to our overall health and well being (14, 15). Intentional sleep deprivation for all intents and purposes is a method of torture and chronic sleep deprivation will eventually cause death as observed in a very rare condition known as Fatal Familial Insomnia (FFI). FFI is an autosomal dominant condition (50% inheritance rate from parent) associated with mutations within the PRNP gene on chromosome 20, causing an aberrant production of prion protein (PrPSc).
Through scientific observation, normal prion protein (PrP$^c$) which is released by a variety of metabolically active cells seems to be intimately involved in the regulation of circadian rhythm, sleep, immunity, and overall health and maintenance of the nervous system. (16) Empirical observation further suggests that it plays a role in hepatic, muscle, and pituitary function, and the overall regulation of cellular functions including proliferation, differentiation, maintenance, and death. (17)

Prion protein is also essential in the processing of memory and may play a key role in the understanding of Alzheimer’s disease (18). The importance of this protein, which appears to be acting as a mediator for many restorative functions is further observed in other rare genetic and acquired diseases specifically involving other intrinsic distortions or extrinsic “infections” of aberrant prion protein. These diseases, which include not only Fatal Familial Insomnia, but Creutzfeldt-Jakob disease, Gerstmann-Sträussler-Scheinker syndrome, Kuru, and Bovine spongiform encephalopathy (Mad Cow disease), are horrific in nature, involving the global breakdown of the patient’s nervous system, as though all of the restorative vitality has been destroyed, eventually leading to severe muscle wasting, destruction of memory processing, loss of sleep, and eventually death. There is no cure let alone treatment for any of these afflictions as they are universally lethal. So it becomes apparent that through the observation of aberrant prion protein which directly leads to aberrant circadian rhythms and sleep patterns we can begin to see not only how damaging lack of sleep is upon our body’s organ systems, but also it draws attention to the importance of healthy sleep in the incorporation and function of memory. Therefore, it should be essential to appreciate the fact that that any form of significant healing is impossible without the restoration of normal circadian rest patterns.

The following is an example of a normal hypnogram, demonstrated by electroencephalogram (EEG) patterns for an average night’s eight hour rest:
On average we go through four to five Rapid Eye Movement (REM) patterns per night, which means that we vividly dreaming at least four times per night. There are many who feel that dreaming never stops, but that the nature and clarity of the dream changes depending upon how deep of a sleep our consciousness is moving through. At least in my experience, intermittent or sudden disruptions of the deeper restorative delta wave non-REM sleep; such as the jarring experience one has to endure during a typical overnight call experience of a resident doctor in training within any given busy hospital, suggest that upon awakening, traces of a deep residual semi-conscious experience are still lingering, yet rapidly evaporate as one begins to transition to full consciousness. As best as I can recall, these experiences seem to be highly synesthetic, meaning that senses are blending into each other, such as color not only having emotional but abstract quantitative values attached to it, or emotions that appear to have meaning and form, which seems to make less and less sense as ego centered thinking begins to take hold from the more ethereal oriented sleep state. Although impossible to prove outside of an EEG as to what sleep pattern one has been experiencing at the time of awakening, knowledge of the archetypal patterns and the physical experience can easily correlate the difference between waking from a REM versus a deep non-REM state. The level of lucency, discomfort, pain, and stress is clearly more severe when forcefully jarred out of our sleep’s deepest stages.

Simple observation reinforces these concepts as we generally feel better after sleeping. Again sound and simple advice for anyone who is ill is to rest, as it is in itself a restorative process. This fact was likely reinforced within a dream that I can recall experiencing during a tumultuous sleep while I was suffering from an acute illness. I eventually found myself in this vision within the confines of what was a restorative place. It appears as a local and intimate restaurant centered within a very familiar part of a city

*Figure 6-5. Examples of an average hypnogram and corresponding EEG patterns.*
that grew up in. Within this familiar and comfortable place were friends and relatives that had passed on from earthly existence, yet were alive and vibrant. The food that was being served was comfortable and restorative, and the restaurant was owned by an elderly father of a direct lineage, who I always identify as my grandfather’s father. As I was experiencing the dream it was difficult and actually confusing to discern physical reality from the metaphysical as I was certain that not only was this place the real reality, but that this experience was extraordinarily familiar to me, as though I had been there hundreds if not a thousand times before. The sense that I had was that through the meal and communion with those that were surrounding me within this edifice, all of it was contributing to my restoration and that this healing process was occurring as the dream experience was unfolding. Once again, as we so often observe, upon arising that morning I indeed felt better.

Again the restoration and maintenance of health is dependent upon appropriate sleep patterns through sleep processes that occur within the body that material science has no adequate explanation for. In addition, consciousness disappears as an unconscious state appears to take hold of the body. So the question that beckons to be asked is, “Where has consciousness gone? What is interesting is that it is not completely turned off as there is direct evidence through monitored brain-wave activity along with intermittent recollections of the remnants and fragments of our dreams to validate that our consciousness is in fact active, but perhaps somewhere else. Could this be some form of quantum entanglement? Well, as science continues to discover greater mysteries through quantum relationships the answer may indeed be related.

Through clairvoyant observation what is occurring within the sleep state has been described in the four fold system as consciousness leaving the confinements of the physical body. It has been observed that when we begin to fall asleep, the physical body loosens its effects upon the astral and ego bodies, allowing consciousness to ascend into a higher state, while the etheric body stays affixed to the physical. This is vitally important for healing as the effects of the intellectual ego body (which is detrimental to the physical body) withdraw, allowing the etheric body (which stays attached to the physical body) to perform its restorative functions unimpeded. (19-21) Upon awakening, consciousness in the form of the astral and ego bodies, descend back into the physical body. If the person is ill, their vitality is weakened and subsequently there exists a diminished connection to the etheric body. The weaker the effect of the etheric body the more ill the person becomes. Death ensues once the connection between the physical body and the etheric body is broken. Sometimes in esoteric science this connection is referred to as the silver cord, which can still tether a person in a near death state to their physical body, yet consciousness is experienced through out of the body perspectives as all of the energy bodies are preparing to transition into higher dimensional planes.

There is no doubt that to the skeptical materialist, these concepts are viewed as mere fantasy to ideas that are highly irresponsible and grossly negligent on the part of anyone who promotes these thoughts within the realm of science. Yet, it is important to remember that the great clairvoyants of our human history have always considered themselves as scientists, albeit spiritual scientists, who should also be considered
These spiritual scientists of the past and the present are persons who are nothing less than highly ethical human beings pursuing truth within a comprehensive empirical fashion that does not divorce itself from non-physical realities that can be clearly demonstrated through physical and non-physical means. It becomes astonishing if not down-right hilarious to see how this concept of shifting human consciousness within the waking, sleeping, and death states that were revealed and promoted by spiritual scientists well over a hundred years ago, is now being echoed if not validated by a vanguard of highly enlightened modern scientists. We can find an example of this type of *spiritual* science within the ideas of the illustrious stem cell researcher, physicist, an entrepreneur, Dr. Robert Lanza, in his modern theory of *Biocentrism*. (22)

In an article written in 2010 by Dr. Lanza he states:

“*Death does not exist in a timeless, spaceless world. In the end, even Einstein admitted, ‘Now Besso’ (an old friend) has departed from this strange world a little ahead of me. That means nothing. People like us...know that the distinction between past, present, and future is only a stubbornly persistent illusion.’ Immortality doesn't mean a perpetual existence in time without end, but rather resides outside of time altogether.*” (23)

Robert Lanza’s ideas, which are articulated in seven principles, are essentially reiterating the fact that consciousness does not end, but simply transitions between dimensional states. His ideas promote scientific axioms that include the fact that energy can never be created or destroyed, matter cannot exist without consciousness, and that time is an abstraction that is only experienced within the physical plane of life though a conscious process mediated by our animal sense perception. (24)

Although these ideas are extraordinary, they come to surprise to anyone who is freely and honestly following the path that science is now leading us towards. It is also astonishing to observe that consensus is evolving through a validation of seemingly disconnected factions within science (and *pseudoscience*) who all seem to believe that they exclusively possess the ANSWER in regards to unifying and healing the schisms that now exist within scientific thought and our empirical pursuit of truth. This is nothing new, yet it is important to remember that it has already been predicted almost a century ago by the visionary Rudolf Steiner, that a unification of our scientific factions in the form of a more empirically based Aristotelian stream will merge with a more spiritually based Platonist stream in order for our modern science to remain viable. (25). This insight is also echoed within the collaboration of Wolfgang Pauli and Carl Gustav Jung which led to Jung’s thesis of *Synchronicity*. In Jung and Paulis’ case, it was clear through their endeavors that both men believed that the scientific field of physics and psychology was destined to become unified in the near future. (26)
**Quantum Entanglement: As Above so Below**

As Carl Jung stated in his ideas of *Synchronicity*, and as the clairvoyants observe in the splitting of the human being during sleep, elements of our own self remain attached through a process that seems to be very close to the phenomena described as *quantum entanglement*. There is very little debate left within the field of physics in regards to quantum relationships despite strong opposition from the earlier classical theorists that included Albert Einstein. In Brian Green’s excellent writings upon the subject in his book entitled *The Fabric of the Cosmos* he concisely summarizes the issues raised by the theoretical physicists who objected to the reality of quantum uncertainty. The debate centered on the issue of whether quantum uncertainty or Heisenberg's *Uncertainty Principle* which is a universal phenomena demonstrating that various forms of conscious observation causes subatomic particles to declare confirmation and to manifest themselves.

To the early researchers, the question that needed to be answered was simply “What was behind this anomaly?” as it was deduced to be either a principle that limits us from knowing a deeper physical reality or it is in-itself the ultimate limit of physical reality with nothing else physical behind it. The latter answer challenges us to consider a deeper non-physical reality that exists beyond it. As Brian Green states:

> “Physics addresses only things we can measure. From the standpoint of physics, that is reality. Trying to use physics to analyze a “deeper” reality, one beyond what we can know through measurement, is like asking physics to analyze the sound of one hand clapping. But in 1935, Einstein together with two colleagues, Boris Podolsky and Nathan Rosen, raised this issue in such a forceful and clever way that what had begun as one hand clapping reverberated over fifty years into a thunderclap that heralded a far greater assault on our understanding of reality than even Einstein ever envisioned.” (27)

What this has led science to is the shocking observation of quantum entanglement, which Albert Einstein termed “Spooky action at a distance”. Despite how we thought the universe works, which material science intuited as a causal-linear relationship, we now know that this is not the entire truth. The experimental facts are simply this: that conjoined entities from the subatomic components to at least the size of small crystals, when separated, are still connected to each other, or at least remain in sympathy with each other.

Studies published in our prestigious scientific journals overwhelming confirm this observational reality with the highest degree of certainty, which is that acausal relationships exist and that the synchronous reactions between components of entities that remain in sympathy despite being physically separated are still connected at supra-luminal speeds greater than 10,000 x faster than the speed of light, making the probability that something else existing within the physical plane to manifest and facilitate the connection of these separated particles, a practical impossibility. (28-31) Therefore, what connects these particles is non-physical in nature.
We do not solely live in a physical Newtonian linear universe and the undeniable scientific fact is that we never have. Non-physical, metaphysical, or spiritual realities have always existed and science is now just beginning to appreciate this through its own empirical observations.

Within the more esoteric forms of science, the most essential axiom that can be expressed is the alchemical statement, “As above, so below.” What this suggests is that there is intention, order, and wisdom within the universe whose source can be recognized as a supreme divine intelligence. It also grants permission for the spiritual scientist to trust their own intuitions as validation is gathered through intelligent reasoning by the empirical recognition of archetypal patterns. It is an astonishing process when one discovers how truly connected everything becomes through contemplation of the universe’s divine and simple elegance.

While the skeptics wait for mathematical proofs or someone with a higher academic rank to tell them what to believe, those who have the courage to initiate a more holistic approach to science will eclipse the skeptics in revealing the hidden truths within the natural world and those that are sequestered within their own self. As it is written:

“Recognize what is in your sight, and that which is hidden from you will become plain to you. For there is nothing hidden which will not become manifest.”

**Synchronicity**

In the Gospel according to Thomas, Jesus states that, “Where there are three gods, they are gods. Where there are two or one, I am with him.” (32) The concept of three Gods is not difficult to understand. In all of our great religions there appears to be three specific
functions that God is responsible for. This includes creation-birth, harmony-equilibrium, and destruction-death. Within the Vedic-Hindu religion, these gods are called Brahma (creator), Vishnu (maintainer), and Shiva (destroyer). In Qabalistic terms, it is referred to as the three pillars of Severity, Harmony, and Mercy. In the Christian Gnostic religion, these three entities were combined within a composite God called Abraxas, which served the same functions. What is important to understand is that all of these functions are ruled by linear time within the universal plane of physical life. Yet consciousness can exist outside the physical plane and linear time. Jesus implicitly understood this and accurately articulated this concept when he stated to Pontus Pilate that his kingdom was not of this world. (33) So if it not of this world, where is it?

Figure 6-7. The trinity of the Qaballah formed by the Tree of Life, the Hindu trinity of Brahma (creator), Vishnu (maintainer), and Shiva (destroyer of evil), and the composite god Abraxas.

When considering the seven fold manifestation of man and specifically the soul bodies, we can begin to appreciate that there is an intimate relationship between our highest soul-body of consciousness soul, and that of the spirit which is referred to as Buddhi equated with Holy Spirit, Logos, Truth, or Christ Consciousness. What is important to understand (and what will be demonstrated in further discussions) is that there exists an intimate relationship between the soul and spirit. Perhaps it can be thought of in this way: when our consciousness exists entrenched within our lower emotionality and linear-rational thinking, it is ruled by time and all of the factors within the universe that are governed by it. Experiential proof suggests that when consciousness shifts into a higher state, we have experience within a plane of reality where linear time does not exist, and therefore the ruling universal laws do not have any effect. For instance, within this state of consciousness we can travel faster than light and we can see into the future.

What is also important to recognize is that during these altered and elevated levels of consciousness experienced through our higher soul, truth through the archetype of the Logos descends into the consciousness soul channeled by our own spiritual element. In this state we are two entities and the power of the Christós (infinite love) is present. In
the completely unified state of Atma (Atman), we become a single god-like entity through the complete unification of our opposing natures living within the power of the Christós. This is the meaning of “Where there are two or one, I am with him.”

Well, perhaps this all sounds a little far-fetched, but what is important to realize is that we may be looking for proofs that are, as Carl Jung expresses, impossible to articulate for the simple reason that none of this exists within linear time. Therefore, if one is interested in discovering let alone proving the validity of these claims, the only viable option is for one to experience these relationships for themselves. Jung developed the term synchronicity to suggest that conscious experience is connected to events within the physical world around us that appear to juxtapose themselves within time frames that are non-linear and seeming disconnected. Most astonishingly these juxtapositions contain deep and profound meaning to the conscious dream experience and in many instances can be quite prophetic.

Virtual all of my most important dreams have had these juxtaposed synchronicities. One specific series of dreams occurred that not only had obvious synchronicities but seemed to specifically instruct me upon this matter. Interestingly, it had to do with “THE ANSWER” which is kind of an inside joke to me, because as a young man I would spend tremendous amounts time with a dear friend on our campus’ library looking for the ANSWER. This ANSWER belongs to the ultimate question that has to do with the meaning of life. Of course people feel that this is an unanswerable question, and we certainly exhausted our limited knowledge of science, philosophy, and religion in finding a satisfactory explanation to this ultimate question. Then two decades later, a flourish of perhaps a half dozen dreams occurred that seemed to be conveying to me something of tremendous importance.

In the first three dreams I can only remember being among highly intelligent beings that were very tall and thin. Their faces seemed obscure, perhaps because they were so tall that I could not clearly recognize them, and I felt like I was a child standing next to venerated adults. What was clear throughout all of this was a deep and profound presence of love and meaning. They were telling me jokes, but not just simple phrases, they were powerful, lyrical stories of a most important, hilarious, and soulful nature. I had never experienced knowledge in such a fashion, as it was all bestowed upon me at the highest level of humor, joy, lyrical poetry, power, and truth. Of course, at the time they were saying these things I was within their presence but knew that when I arose that morning I would forget for the simple reason that I am not yet evolved enough to comprehend these things on my own. Many years later, I discovered that the characters in these dreams resembled an ancient Egyptian mythological being known as Hathor who represented feminine joy and wisdom, and was known to convey knowledge in a lyrical fashion.

The second part of these dreams continued to disseminate wisdom in a more focal and practical sense. In these instances, THE ANSWER was overtly flaunted but always remained elusive. The main theme within the last three dreams was always a series of events or journeys that would lead to a focal point where THE ANSWER was about to be revealed, and at the exact moment when this monumental information was about to be
divulged, my five year old daughter would frenetically burst into my bedroom filling it with her vivacious and boundless childhood energy with her innocent “Good-morning!” salutations. At the time, it seemed as though a cruel trick was being played upon me because at the very instant that the long sought ANSWER (written on a tablet or through a message about to be spoken through a higher evolved entity) was being revealed—it was completely disrupted by my daughter. And like water slipping through my fingers, it rapidly dissipated before I had a chance to read and comprehend it.

If her morning greeting coincidentally punctuated just one dream—by probability alone—it is nothing short of astonishing, but this happened consistently on three consecutive occasions before I realized what was happening. After the third occurrence, I finally recognized that the dream had to be precisely connected to my daughter’s actions. This was no coincidence, but was indeed a meaningful arrangement that had to be synchronously linked. This suggested that an occult intelligence was behind the dream punctuating it intentionally with an event that occurred in a reference of time that was in the future to it. When I recognized this undeniable fact, the lesson was learned and the dreams stopped.

Despite this insight, I still believed that the entire meaning of the dream was ruined because of the fact that the words engraved upon the stone wall were still yet to be read and fully understood. How cruel was the spiritual world in abandoning me at the exact moment that the ultimate understanding was to be revealed? Years went by and all I could do was laugh at this trickery. And then it finally dawn on me. The spiritual realm is not capricious, but honest and sincere. The answer was never engraved upon a wall, but was in fact the embodiment of my daughter whose name is—believe it or not—Sofia (Wisdom).

The ANSWER is simply this: time within the dream state is circular—existing within the past, present, and future—and when Christ consciousness is present time does not exist in a linear state. Only the body and lower soul is ruled by the laws of linear time, is born into existence, sustained for a universal moment, and then dissipates back into nothingness. But consciousness NEVER dies.

We are told through scripture that those who come to understand this will not taste death.

**Seven Steps in Preparation to Receive Wisdom**

All human being are capable of receiving messages from higher non-physical realms and remain in constant communion with them. Recognizing the connections between the non-physical and physical experiences as significant arrangements and not just mere coincidences is part of the challenge to the process of our conscious evolution. Gathering meaning from these visions and the connections made within our physical life is another. Methods have been proposed to help initiate one in the process of willfully seeking meaningful experience through the dissemination of wisdom within non-physical realms.
such as those encountered in the dream state. Whatever manner is chosen, awareness must never be diminished as these visions must be encountered with all of our soul’s faculties. As stated before, contemplative thinking and creational endeavors are key ingredients, and I would also add that eliminating as much ambient noise in the form of programming and marketing strategies through the media is essential before the process can really begin.

In Rudolf Steiner’s work entitled, *Knowledge of the Higher Worlds and its Attainment,* he discusses this process in more specific terms. (34) The book is an alchemical approach to wisdom based on his clairvoyant insights and his familiarity with methods used throughout Western esoteric schools. The lessons are quite intuitive and precisely dovetail with insights of other great esoteric teachers. In preparation to receive this knowledge it is suggested that the seeker of wisdom following these seven steps:

1) Possessing and maintaining a health body and mind.*

2) Developing an intuitive insight to the connection and sense to the whole of life.* This simple means that we are intimately connected to everything that lives.

3) Understand and know that your thoughts are as real and important as your actions and can actually help to heal or destroy through intention of thought.*

4) Acquiring a conviction in understanding that our real self resides within our interior and not solely the exterior manifestation of the body.*...so much more can be said about this.

5) Carry through your convictions and let your soul be guided by love, compassion, and understanding.* Joseph Campbell stated this in another way when he said “Follow your bliss.” which means to follow the path that causes one to resonate at the highest level of contentment, harmony, and peace, as opposed to following our lower desires and or logical-rational mind which can frequently lead us down the wrong path. Clearly, the right path is guided by a superior force which manifests itself as an unconditional type of love.

6) Recognize the sacrifice of all the life that it takes for just for one of us (as living humans) to experience it...*

7) Live always in regard and understanding of these conditions and truths....*

*Adapted from Rudolf Steiner’s *Knowledge of the Higher Worlds and its Attainment.*

There are many persons who already have a well developed capacity to receive higher knowledge and recognize synchronicities without ever having heard of Rudolf Steiner, Carl Jung, Edgar Cayce, Dion Fortune, Manly Hall, Paracelsus, etc, etc. These seven recommended steps are highly intuitive and it would be impossible for anyone living within their higher element of *I am* consciousness to not implicitly recognize them as essential truths. It is important to remember that these steps are in preparation for receiving wisdom, so something else must follow.
In regards to further endeavors of preparation, what Rudolf Steiner suggests is highly intuitive to one that is living within the prerequisites. First and foremost Steiner suggests developing our abilities for contemplative meditation or what he terms clear thinking. This includes memory exercises such as reviewing the day in reverse, taking responsibility and control of our actions and speech, finding balance and becoming aware of our limitations, developing an awareness of living within the moment through introspection, reflection, and contemplation, and projecting your thoughts and actions in a forward direction while considering all consequences in reference to our physical and spiritual life. Eventually, these exercises will begin to catalyze the transformation of the dream life into significant and relevant experiences. (35)

It is important to note that there are many other prophets besides Rudolf Steiner and Carl Jung that have conveyed that the dreamscape will essentially be the place where we will interact with the spirit and where wisdom will be disseminated. Ultimately, it is the dream experience where initiation will take place and despite our best intentions through self induced meditation, altered states of perception, or force of will through tradition educational endeavors, the highest levels of archetypal meaning will be disseminated through dreams of significance. (36) In many instances, these dreams which Rudolf Steiner called the Mysteries of the Spirit may appear as the archetypes of our religious sacraments, and in many instances identified by the presence of the Father, Creator, God, Son, Divine Sophia, Holy Mother, Archangels, angels, etc. or anything that symbolically represents these spiritual entities. (37) This knowledge is bestowed upon us through grace, yet ultimately there is a price to be paid for this experience as there will be obstacles that one will surely encounter upon this endeavor.

To develop, sustain, and expand our higher consciousness soul it must be nourished from truth emanating from a higher universal source through our interactions with the spirit. In the esoteric wisdom schools it is said that almost immediately after initiating this process one will encounter threshold guardians. Rudolf Steiner suggests that there will be the archetypes of a lesser and greater guardian of the threshold. (38) Anyone who has experienced this process knows that they exist. Therefore, an integral part of this process is to overcome and face these guardians which exist in part as entities that not only generate fear—but are in fact the vehicles if not the essence of fear itself—existing in both the physical and non-physical realms. Again, this task is not for an uncommitted soul, as it is impossible for anyone who lives outside of the parameters and perspective of I am to not only succeed, but to even see these truths.

Living within the parameters of I am cannot be overemphasized, as this simply means living within the perspective of consciousness soul or eternal essence, and knowing that I am my soul and that the existence of the long contested and sought after soul has always been the essence of who I am. It also means growing and expanding ourselves through spiritual sustenance by vision, love, truth, and understanding which sustains the soul’s higher elements. This is an intuitive and effortless task for anyone who is now living within the perspective of I am; but is arduous if not impossible for those who still forcefully embrace their lusts, desires, conditioned opinions, or intellectual soul’s over-inflated ego-persona.
There are many costs to this endeavor, but perhaps the most important is to recognize that truth, higher knowledge, and wisdom are collective. It exists in non-linear time before and after our earthly life, and has been disseminated through us by the inspirations of beings that possess an awareness of truth beyond our waking consciousness. It is also critical to understand that the cost of acquiring this level of knowledge is for us to process these experiences through our soul’s capacities freely expounding upon these truths and disseminating it to anyone that has ears to listen. Burying this inspired wisdom within ourselves or using it exclusively for our own advantage can have the most disastrous consequences.

Through visions of significance, these kernels of truth are constantly being planted within all of us so it is imperative to full comprehend this simply fact—we are intentionally designed to acquire higher knowledge and wisdom in this fashion. This is how humans and the collective human organism truly evolve. Although popular sentiment clearly believes that through technology and modified educational endeavors we can augment this process to a certain degree, we must always bear in mind that we cannot and should not covet being anything outside the parameters of our intended humanity or human capabilities. Unfortunately, there is a growing number of persons living today compelled by irresistible forces to possess inhuman capabilities through drugs, genetic manipulation, and technological based artificial human interfaces. The consequences of such actions will be nothing short of catastrophic.

Knowledge is power, but can be perverted when it is used to suppress others or as an advantage over their fellow man. The undeniable fact is that no one can claim that an idea solely belongs to them because it has to come from another physical or non-physical living source. If we remain selfish in our truth and use it to manipulate others, we will promote a narcissistic culture of egotism ruled by a force that will enslave if not inevitable destroy us. This enslaving force shows its face through fear and in many ways can be considered the embodiment of the Lesser Threshold Guardian, if not the Devil himself. (39)

References:

(1) Carl Gustav Jung, Symbols and the Interpretation of Dreams: Chapter 7, Healing the Split, “At a time where all available energy is spent in the investigation of nature, very little attention is paid to the essence of man, which is his psyche [soul], although many researchers are made into its conscious functions. But the really unknown part, which produces symbols, is still virtually unexplored. We receive signals from it every night, yet deciphering these communications seems to be such an odious task that very few people in the whole civilized world can be bother with it. Man’s greatest instrument, his psyche, is little thought of, if not actually mistrusted and despised. ‘It’s only psychological!’ too often means: It is nothing.”
(2) Rudolf Steiner, *Diagnosis, Treatment, and the Production of Remedies Based on Spiritual Science*, London September 2, 1923. "The Materialistic view that explains thinking in terms of the brain is wonderfully deceptive. All thinking and conceptual activity can indeed be explained in terms of the brain, but only because spiritual activity has left its traces there."—Rudolf Steiner

(3) Carl Gustav Jung, *Synchronicity: An Acausal Connection Principle*, Princeton University Press, 1973, page 90. “The Synchronicity principle possesses properties that may help to clear up the body-soul problem. Above all it is the fact of causeless order, or rather of meaningful orderedness, that may throw light on the psychophysical parallelism. The absolute knowledge which is characteristic of synchronistic phenomena, a knowledge not mediated by the sense organs, supports the hypothesis of a self subsistent meaning, or even expresses its existence.”

(4) Elbert Einstein, *Letter to Phyllis*, January 24, 1936. “…everyone who is seriously involved in the pursuit of science becomes convinced that some spirit is manifest in the laws of the universe, one that is vastly superior to that of man.”

(5) Nikola Tesla, “The day science begins to study non-physical phenomena, it will make more progress in one decade than in all the previous centuries of its existence.”

(6) Ezekiel 1:5 and 10:14 "and in the fire was what looked like four living creatures. In appearance their form was human... Each of the four cherubim had four faces: the first was the face of an ox, the second was a human face, the third was the face of a lion, and the fourth was the face of an eagle."


(10) Gottfried de Purucker, *Fountain-Source of Occultism*, TUP, 1974, “In the last analysis man’s constitution is twelfold, consisting of the seven manifest and the five unmanifest units of far superior character ...”

(11) Gottfried de Purucker, *The Dialogues of G. de Purucker*, A.L. Conger (ed.), TUP, 1948, “…the seven principles of man, and *a fortiori*, on a large scale, all the seven principles of the universe, are simply seven different manifestations or aspects or phases of a fundamental life-substance – of an entity, in short. Every human being, as also the universe, has inherent in him or in it a divine manifestation or aspect, a spiritual one, an intellectual one, a passional one, a vital one, and an astral-physical one. Now you cannot separate these into water-tight compartments because they all go inseparably together. They all interblend, intermingle, interpenetrate, interwork, and are interconnected. You cannot say that a man is just mind and feeling, and that the body he lives in is something entirely different, and that the inner god from which he springs is something absolutely different from him. He is essentially one stream of consciousness manifesting in seven different ways called principles.”

(13) MIT News, Jan 24, 2001, *Animals have complex dreams, MIT researcher proves:* Study may advance understanding of human learning and memory.


(17) Roberto Stella, Maria Lina Massimino, Marco Sandri, M. Catia Sorgato, and Alessandro Bertoli, *Molecular and Cellular Biology, Cellular Prion Protein Promotes Regeneration of Adult Muscle Tissue*, November 2013, volume 33, issue 22 [http://mcb.asm.org/content/30/20/4864.full](http://mcb.asm.org/content/30/20/4864.full)


(19) Rudolf Steiner, “To provide the basis for our thoughts, for the functioning of spirit in us, matter must be destroyed and the products of destruction sculpturally reshaped....For the spirit to be able to move into the human body, our bodily organization must first undergo a process of degeneration, destruction, or partial death.”—Rudolf Steiner

(20) Rudolf Steiner, *Diagnosis, Treatment, and the Production of Remedies based on Spiritual Science/1*, September 2, 1923, “In the human brain—we might even say, in the entire nervous system—matter is developed up to a certain point and then broken down. The depleted breakdown products are then reshaped in our nervous system. Breakdown and elimination, rather than synthesis and assimilation underlie our conceptual activity. Our mental images depend on a constant atomistic dying process of sorts in our nervous system, a dying process that is constantly counteracted by reconstruction processes.”

(21) Rudolf Steiner & Ita Wegman, *Extending Practical Medicine*, page 10, Rudolf Steiner Press, 5th edition London, 1996, “Even the development of thinking activity within the etheric body is not based on a continuation of etheric nature but on its destruction. Conscious thinking does not take place in processes of configuration and growth, but in processes of defiguration and withering, dying, which are continually integrated into the etheric process.”


Valentin Tomberg, *Inner Development* (Anthroposophic Press: Gt. Barrington, Massachusetts, 1992) pages 31-32: “Rudolf Steiner speaks of two streams within the anthroposophical movement: the Platonists and the Aristotelians. The Platonists are those in whom the new clairvoyance will appear in the form of karmic seership. The Aristotelians will have clairvoyance in regard to the secrets of nature… These two groups must work together; there is no other way for it to be. They will have to work together… What we must awake in the depths of our soul is earnestness in regard to the spiritual and outer worlds, and fidelity to the spirit, each one according to his or her position in life. We can conduct ourselves in every way, in speech and action, according to the demands of every day life. But let us keep one province free from compromise; let us remain true to the spirit, independent of all teachings and teachers, of all organizations in the world. Let us remains faithful to the inner voice of truth and conscience!”

Charlene P.E. Burns, *Wolfgang Pauli, Carl Jung, and the Acausal Connecting Principle: A Case Study in Transdisciplinarity*, Metanexus, September 1, 2011: “The two had recently conversed, and Pauli wrote to offer an illustration of synchronicity using one of his own dreams. He alluded to an unpublished essay, “Modern Examples of ‘Background Physics’” and explained that his ‘background physics’ idea referred to “the appearance of quantitative terms and concepts from physics in spontaneous fantasies in a qualitative [symbolic] sense” which is “ample proof of the fact that the kind of imagination I call ‘background physics’ is of an archetypal [in the Jungian sense] nature…the purely psychological interpretation only apprehends half of the matter. The other half is the revealing of the archetypal basis of the terms actually applied in modern physics.” This ‘background’ seems to be directed toward development of a “description of nature that uniformly comprises physics and psyche.” To accomplish this, the physicist necessarily shifts from background physics to psychology. He said, “As I regard physics and psychology as complementary types of examination, I am certain that there is an equally valid way that must lead the psychologist… (through investigating the archetypes) into the world of physics.”

Brian Green, *Fabric of the Cosmos*, Einstein, Uncertainty, and a Question of Reality, p.99

Science 2, December 2011: Vol. 334 no. 6060 pp. 1253-1256, "Entangling Macroscopic Diamonds at Room Temperature" --Quantum entanglement in the motion of macroscopic solid bodies has implications both for quantum technologies and foundational studies of the boundary between the quantum and classical worlds. Entanglement is usually fragile in room-temperature solids, owing to strong interactions both internally and with the noisy environment. We generated motional entanglement between vibrational states of two spatially separated, millimeter-sized diamonds at room temperature. By measuring strong non-classical correlations between Raman-scattered photons, we showed that the quantum state of the diamonds has positive concurrence with 98% probability. Our results show that entanglement can persist in the classical context of moving macroscopic solids in ambient conditions.”

Gospel According to Thomas (30)
At first dreams are only regarded as a particular manifestation of sleep-life, and thus only two states are generally spoken of, namely, sleep and waking. For spiritual science, however, dreams have an independent significance apart from the other two conditions. In the foregoing chapter a description was given of an alteration ensuing in the dream-life of the person undertaking the ascent to higher knowledge. His dreams lose their meaningless, irregular, and disconnected character and form themselves more into a world of law and order. With continued development, not only does this new world born out of the dream world come to be in no way inferior to outer physical reality as regards to outer physical truth, but facts reveal themselves in it representing a higher reality in the fullest sense of the word.

Those who have the necessary knowledge deliberately entrance themselves in order to obtain extension of consciousness upon planes which they are unable to contact in the stage of development to which they have attained; but it is little realized the extent to this expansion of consciousness takes place involuntarily in sleep among persons who have evolved a little beyond the average. The true aim of evolution is not to segregate consciousness, but to correlate it; and the trance method of transcending physical consciousness is merely a temporary expedient.

From another side we now want to seek an explanation of what it means to say that the mysteries of the Father are coming. The teachers of the ancient Atlantean adept schools were not human beings, but rather beings higher than human beings. They had completed their development on earlier planets. And these beings who were present from earlier planetary evolutions taught a carefully selected, small band the Mysteries of the Spirit. On special occasions in the Mysteries of the Son, Christ himself appeared in person as teacher, as did a teacher who was not a human being but a god. Those who become teachers of the Mysteries of the Father will be the first to be teachers and human beings. Such human beings, who have developed faster than the rest of humanity, will then be the true masters of wisdom and harmony. They are called the Fathers. Within the Mysteries of the Father, the leadership of humanity will be transferred from beings who have descended from other worlds into the hands of human beings themselves. That is what is significant.

Seek not then to cross this Threshold until thou dost feel thyself entirely free from fear and ready for the highest responsibility.