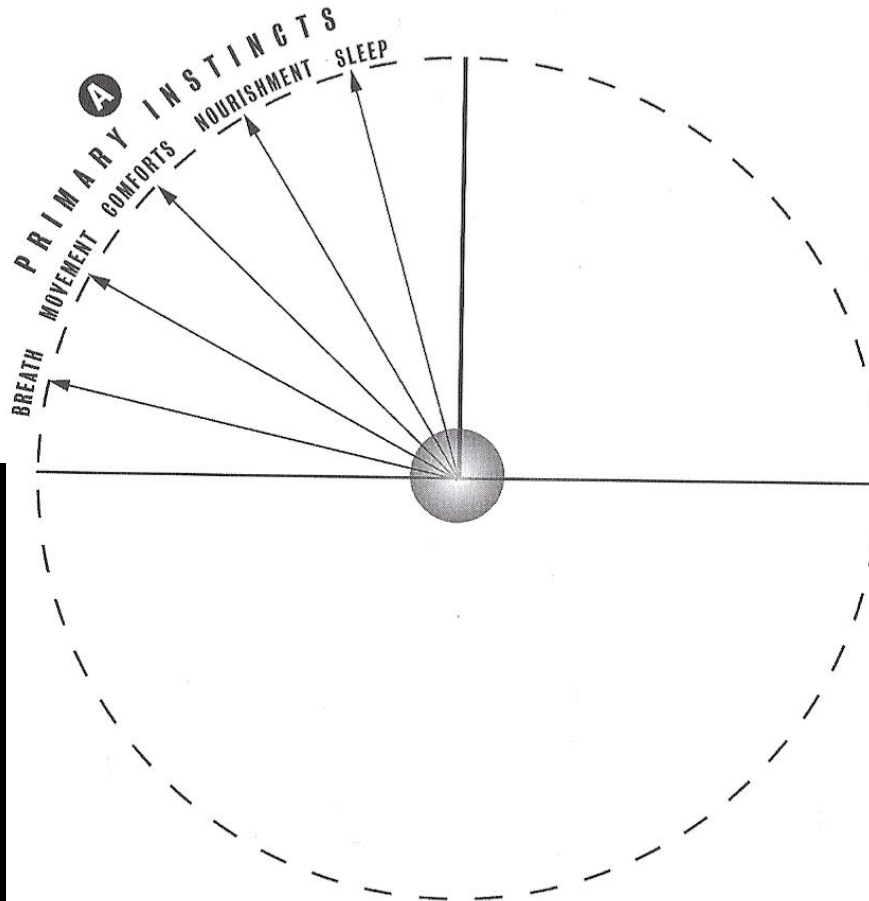


# On sleep, dreams, images



“A person is known by his dreams”  
(Plato)



# Ultradian Sleep Rhythm

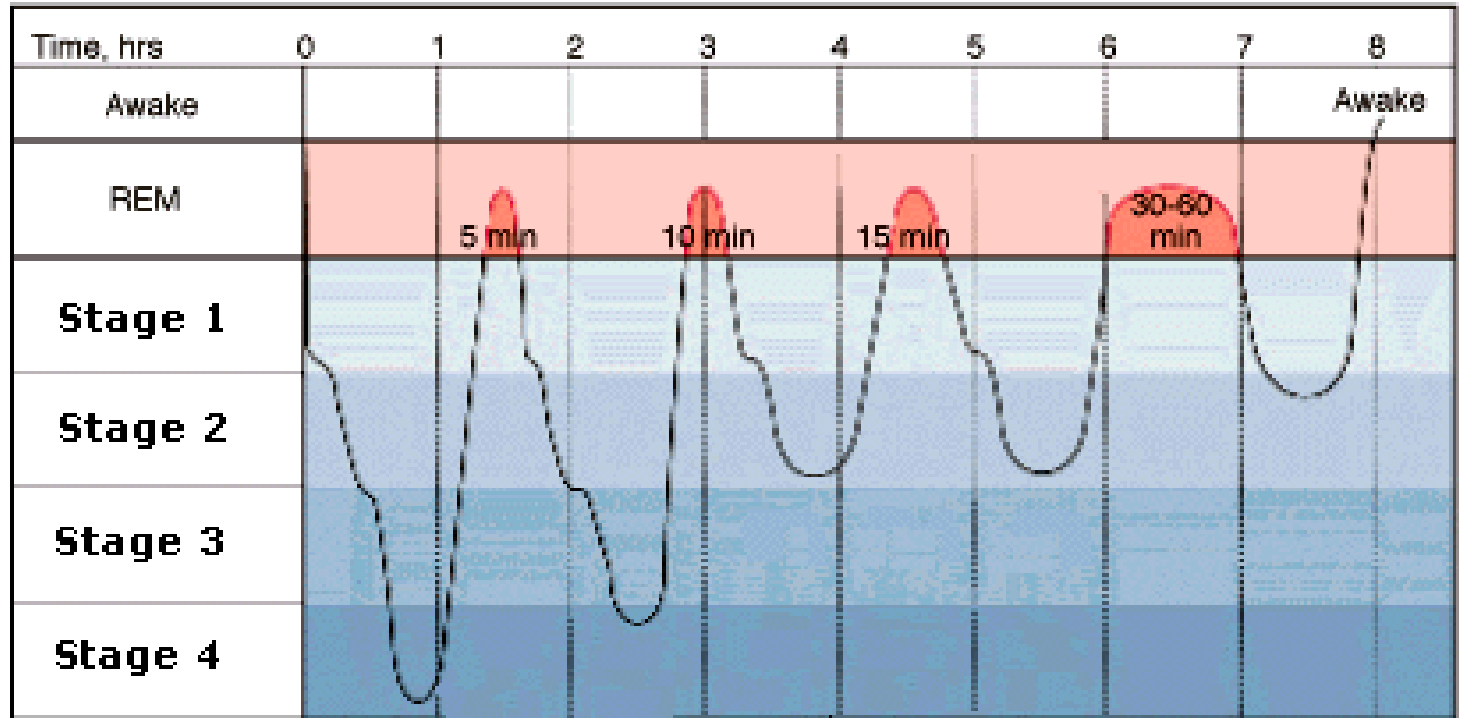
<b>Infants/Babies*</b>	
0-2 months	10.5-18.5 hours
2-12 months	14-15 hours
<b>Toddlers/Children*</b>	
12-18 months	13-15 hours
18 months-3 years	12-14 hours
3-5 years	11-13 hours
5-12 years	9-11 hours
<b>Adolescents</b>	
13-18 years	8.5-9.5 hours
<b>Adults</b>	
19 years +	7-9 hours

\*Total time include naps

**1. Samsaric sleep**  
(Alpha wave)

**2. Sleep of ignorance**  
(Theta to Delta wave)

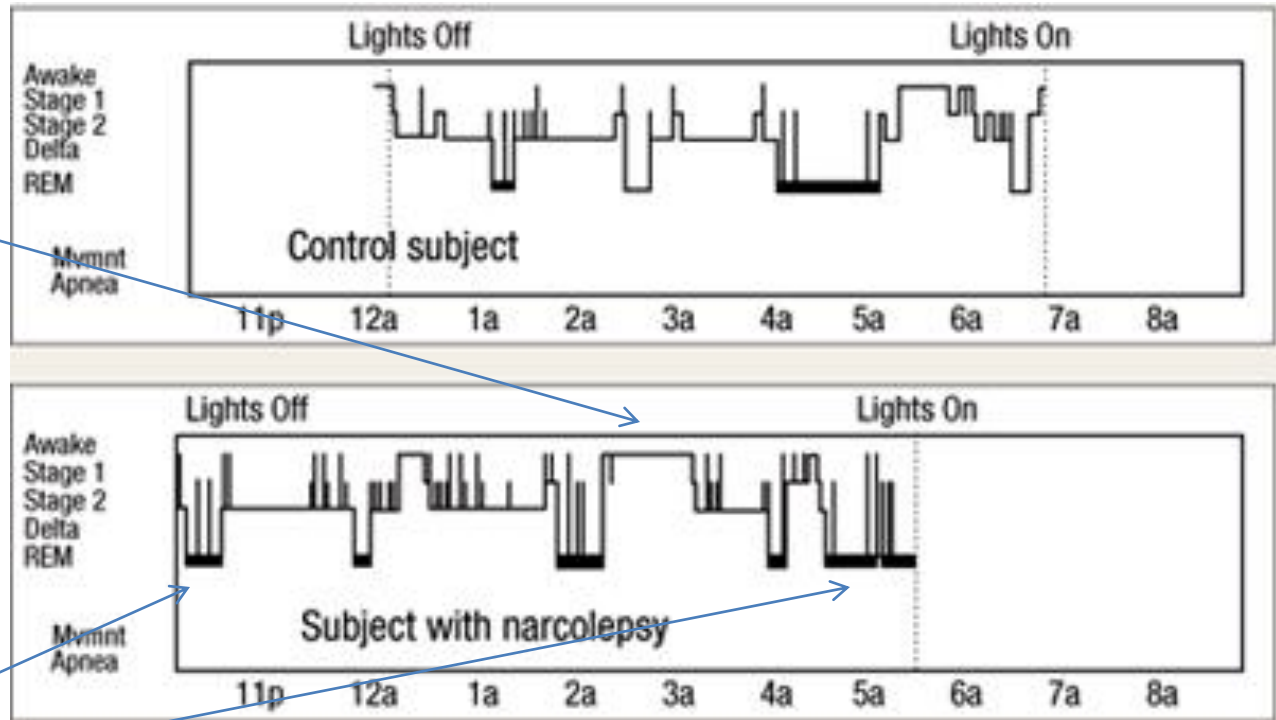
**3. Sleep of Clarity**



Achieved via sleep yoga – sleeping with awareness of both formless emptiness and REM images

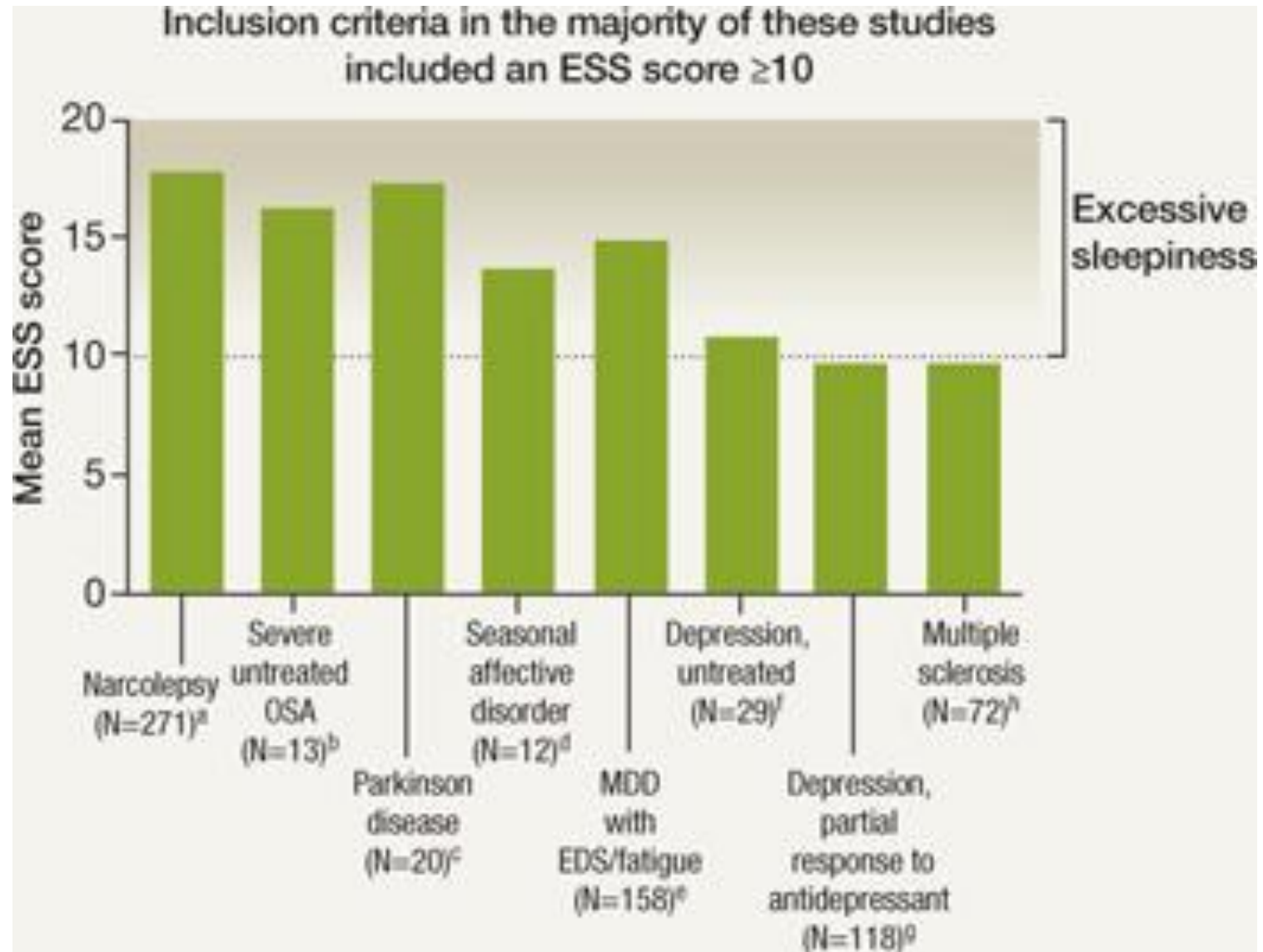
# Narcolepsy

More wakefulness in the night

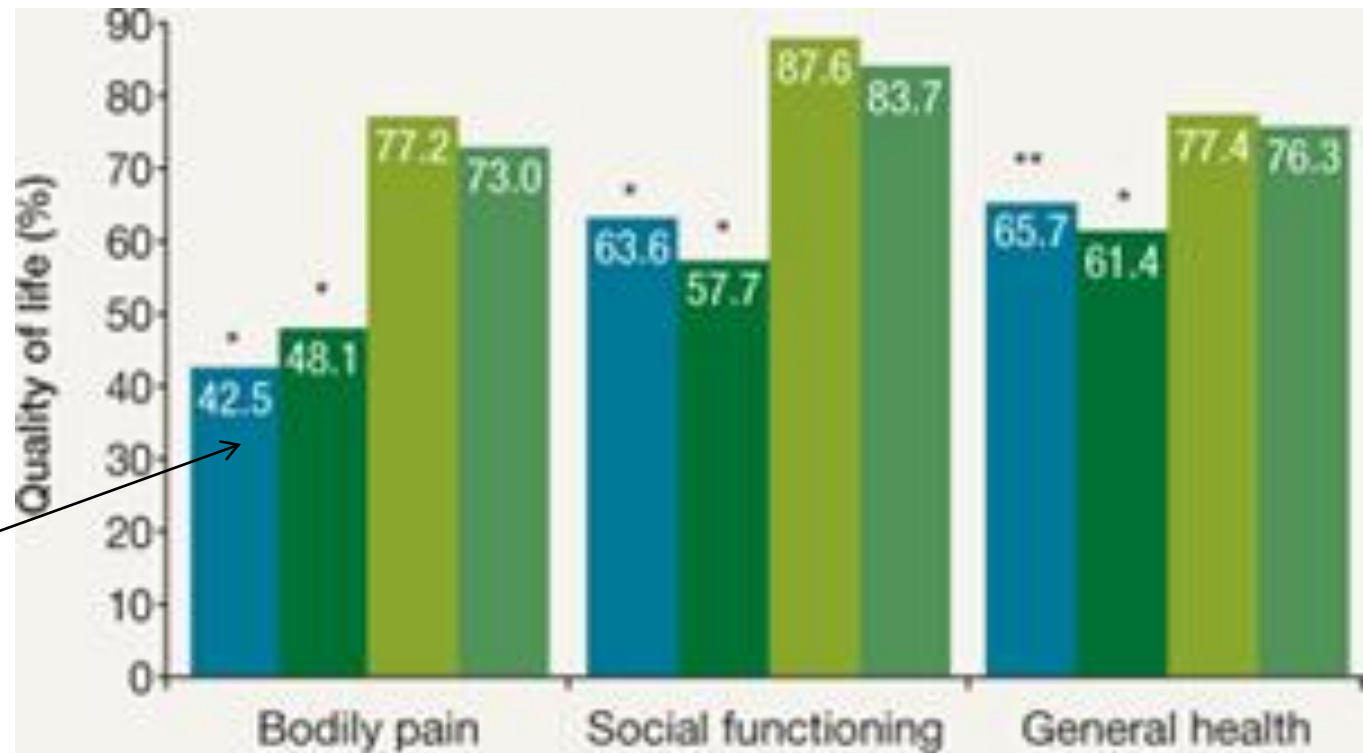


The necessity to go straight to REM sleep to process emotions, aversions and attachments. Also still irregular REM on walking

# Hypersomnia – trouble staying awake



# Effects of hypersomnia



Decreasing immunity and lowering white cell blood count

\* $P = .0001$

\*\* $P = .04$

General population:  
n=1072 men, 1111 women

Patients with narcolepsy:  
n=22 men, 55 women

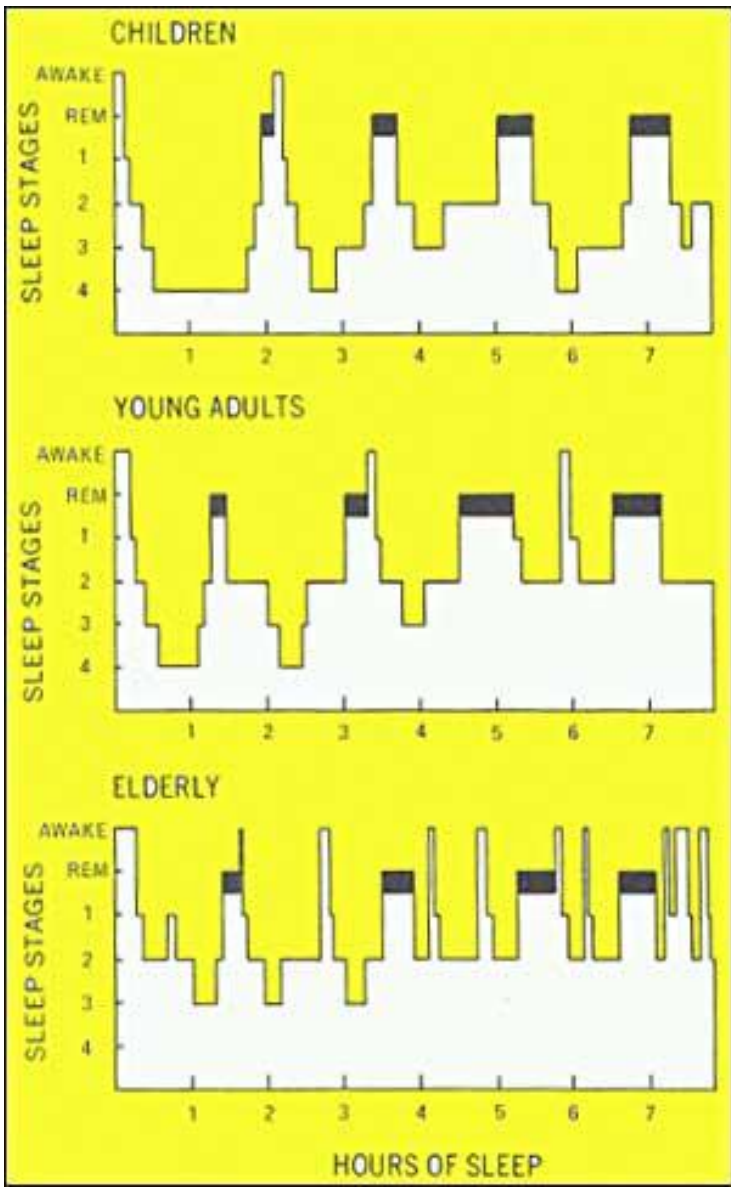
■ Male cases

■ Female cases

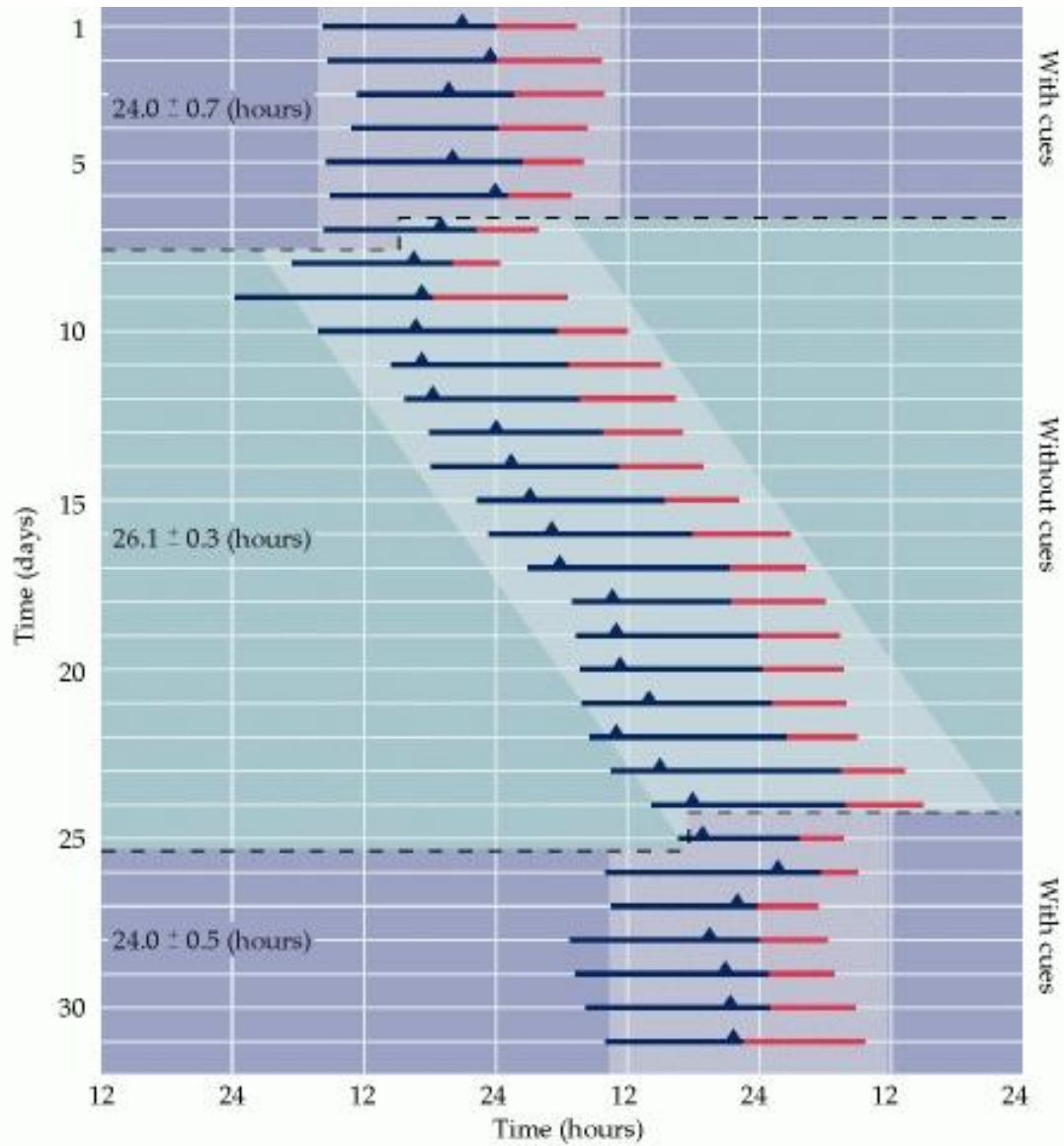
■ Male control

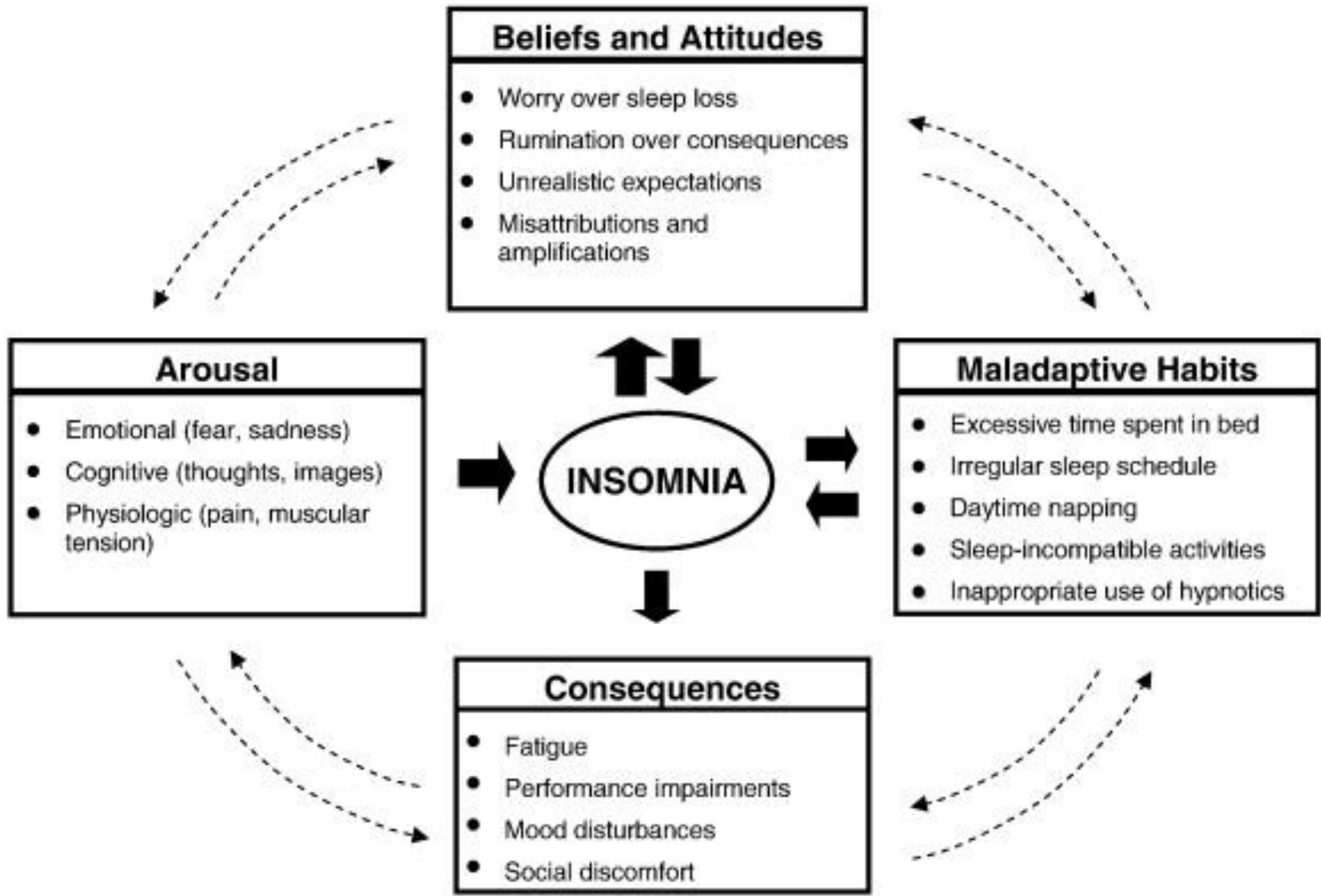
■ Female control

# The elderly have less delta sleep



# Sleep deprivation study







# Four Categories of Brain Wave Patterns

**beta (14–100 Hz)**

**Contracted Consciousness**

Concentration, arousal, alertness, cognition

Higher levels associated with anxiety, dis-ease, feelings of separation, fight or flight

★ **alpha (8–13.9 Hz)**

**Expanded Consciousness**

Relaxation, superlearning, relaxed focus, light trance  
Increased serotonin production

Pre-sleep or pre-waking drowsiness  
Mediation, beginning of access to unconscious mind

**theta (4–7.9 Hz)**

**Contracted Unconsciousness**

Dreaming sleep (REM sleep)  
Increased production of catecholamines (vital for learning and memory), increased creativity

Integrative, emotional experiences, potential change in behavior, increased retention of learned material

Hypnagogic imagery, trance, deep mediation, access to unconscious mind

★ **delta (.1–3.9 Hz)**

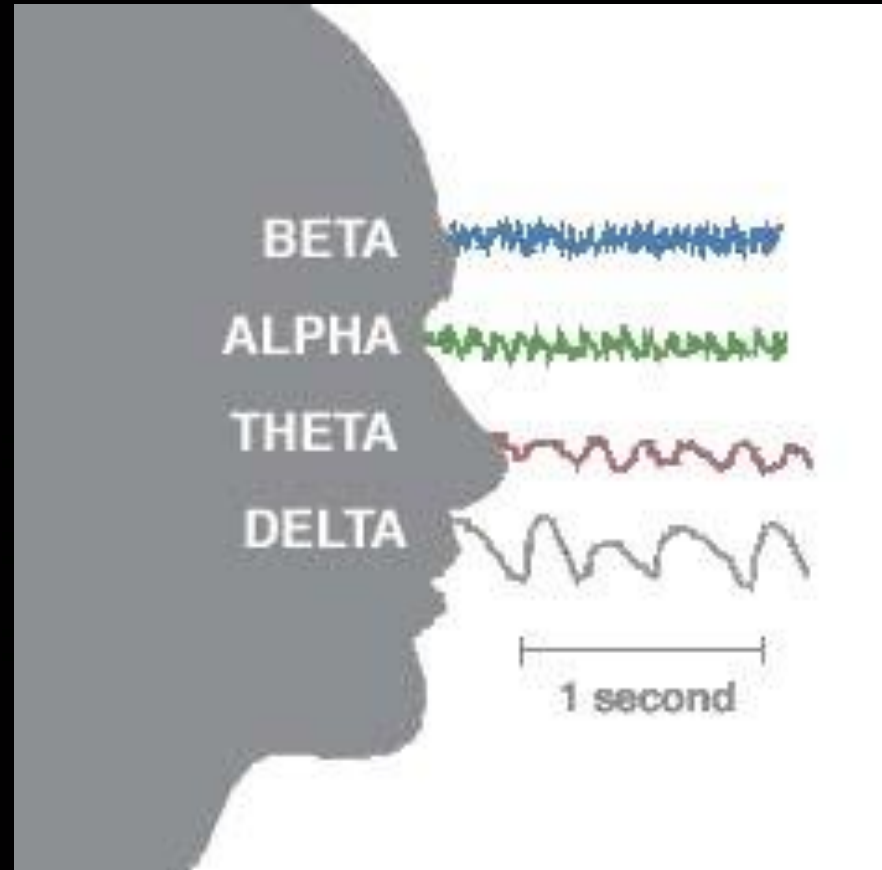
**Expanded Unconsciousness**

Dreamless sleep  
Human growth hormone released

Deep, trance-like, non-physical state, loss of body awareness

# Brain Wave Patterns

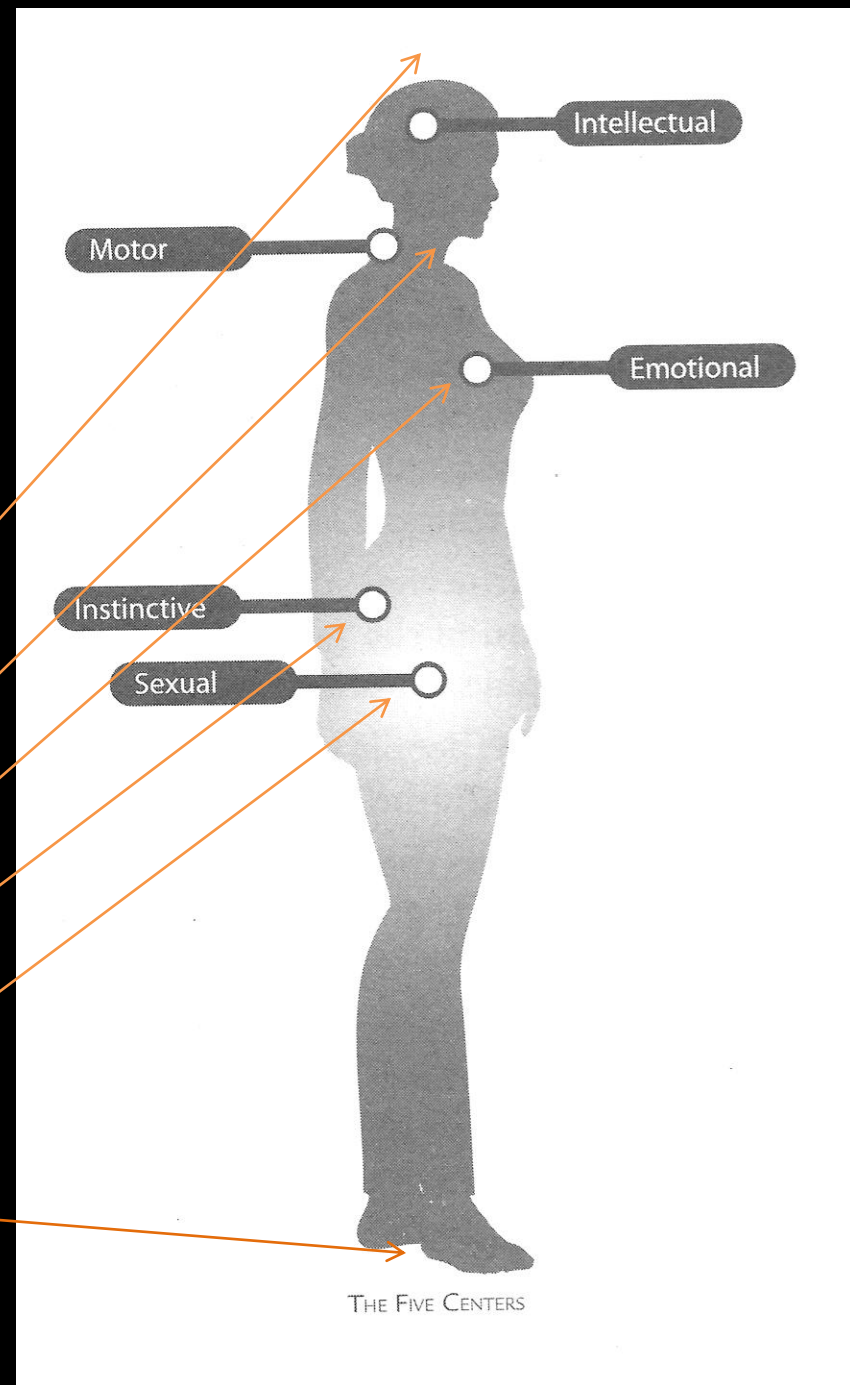
- **Beta** – Contracted Consciousness
- **Alpha** – Expanded Consciousness
- **Theta** – Contracted Unconsciousness
- **Delta** – Expanded Unconsciousness



# Similarities between Gnosticism and Tibetan Buddhism-

## 6 realms of cyclic existence

Realm	Primary Emotion
<b>God</b>	Pleasurable distraction
<b>Demi-god</b>	Envy
<b>Human</b>	Jealousy
<b>Animal</b>	Ignorance
<b>Hungry Ghost</b>	Greed
<b>Hell</b>	Hatred



# Why do dream Yoga?



## The Tibetan Yogas of Dream and Sleep



Tenzin Wangyal Rinpoche

- Re-cognise your mental state before sleep
- Prepare mindset before sleeping (15 mins)
- Dream with intent to discover
- Recognise blocks in the subconscious
- Clear those blockages
- Discover spiritual potential
- Enhance your potential

4 week on-line course [www.glidewing.com](http://www.glidewing.com)

# Practices for dream Yoga

## Calm abiding (be still, focused and alert)

- In Meditation firstly concentrate on an object,
- Use every object of waking experience as a cause for increased lucidity and presence.
- In Meditation secondly concentrate on the space in between the objects.
- Emotionally discover the difference between an action and a reaction
- Be aware of 3 obstacles Agitation, Drowsiness and Laxity
- To further develop lucid dreaming,
  1. reverse the day before sleep,
  2. wake in the night and consciously engage in the dreams
  3. Write them down

# To re-member your dreams

1. State your intention...e.g. I want to remember. Make it short and clear
2. Keep dream book next to your bed, write in it the date of tonight and leave book open with pen ready or have a tape recorder.
3. On awakening don't move, don't let the mind start thinking and return to your original position when you first awoke
4. Write dream down immediately..trigger words also, even though it may seem trivial...no censoring
5. Don't interpret.....but be interested in numbers
6. Write down your feeling next to dream
7. Share your dream with someone, especially to the person you just dreamt about
8. If the dream has a necessity, address it..but remembering the dream is enough...for strengthening your inward relationship.

# Ladder of dreaming

from colour to light....from slow to fast vibrations

KABBALAH		TIBETAN	
Dream of union	Transparency	Clear light dreams	Lucid (Beyond subject/object duality)
Dream of light	Pure light		
Great dream	Intense saturated colours	Dreams of Clarity	Non-lucid/lucid Arise from transpersonal karmic traces
Clear dream	Pastel and everyday colours		
Busy dream	Mixed colours	Ordinary dreams	Non-lucid/lucid Arise from personal karmic traces
Repetitive dream	Mixed, dull, grey green/purple		
Nightmare	Red, black, fluoro acid colours		

# Developing the witness within

## Subject becomes Object

- If we are not aware of our experience (subjectively and objectively), we will not be aware of our behaviour.
- If we are not aware of our behaviours we will not be aware of our dreams.
- If we are not aware of our dreams we will be unaware in the bardo (the causal realm).
- If we firstly identify what we are attached to, only then can we develop a dialogue between the inner and outer world.... and strengthen big mind (non-dual self)



# Dream sharing

- The sharing of dreams dates back to Egypt 3000–4000 BC.
- Those whose dreams were especially vivid or significant were thought to be blessed and were given special status in ancient societies.
- Freud stunned the world of psychiatry by stressing the importance of dreams, and he revived the once dead art of dream interpretation.

“The interpretation of dreams is the royal road to a knowledge of the unconscious activities of the mind”

# Dream sharing rules

## 1. CHOOSING THE DREAMER..

- determine who in the group has a dream to share and write names down
- Choose the dreamer by seeing with eyes closed, the name or face of the dreamer  
(Breathe counting 3 to 0, on 0 breathe out a ring of light in which the name or face appears)
- The votes are counted and the dream to share is determined

## 2. DREAM PRESENTATION

- The dreamer tells the dream without interruption and each person writes it down as they hear it.

### 3. CLARIFICATION

- The participants ask for clarification of a storyline and specifics of what the dreamer saw and felt. They are allowed to ask for short descriptions of the known people, localities, objects etc., in the dream. E.g. ask “What can you tell me about X...?” and don’t try to get more information than the dreamer is willing to give.

### 4. REALITY CHECK

- The dreamer is asked which parts of the dream conforms to reality, e.g. Is the number dreamed the actual number of the house. Go through the dream sentence by sentence from beginning to end.

## 5. PATTERN WORK

- All the participants do this alone, determining what is similar to what; what resonates with what
- Underline the significant words
- Work with numbers (numbers are condensed forms of meaning.. add complex numbers to make 1 number..e.g.  $349 = 3+4+9 = 16 = 1+6 = 7$ ...Kabbalah)

## 6. THE DREAM OPENING

The dreamer stays silent while other 'secondary' dreamers dream the original dream. All secondary dreamers start their dream opening by saying "as the secondary dreamer of this dream, I feel..."

They address the whole group, they do not focus on the 'original' dreamer. Avoid looking directly at him or her.

They stay close to the dream without changing the story of the dream, but interpret from their own perspective.

## 7. RETURNING TO THE ORIGINAL DREAMER

The original dreamer has the final say about his/her dream.

The original dreamer puts the limits where he or she wishes and does not have to reveal to the group what feels to be kept private.

## 8. OPENING THE DREAM TO ASSOCIATIONS

The whole group can now share associations and thoughts with the original dreamer, if appropriate

## 9. CLOSING OF THE DREAM

- Close your eyes. Breathe counting 3 to 0, on 0 breathe out a ring of light in which appears the different images of the dream just opened.
- Now flood the dream forms with light and turn them back to formlessness.
- The whole group considers the dream as meaningful to each and everyone present.
- Because the dream was dreamt in expectancy for the group, the dreamer's dream is considered part of the dialogue for the group.