

# **“WHO IS AWAKE WHILE ASLEEP”**



**To The Holy feet -Thakur**

**Shree Shree Thakur Balak Bramhachari Maharaj**

Translated by *Sumit Misra*

Edited by *Sreejeeta Banik, Sohun Misra, Iti Saha Misra*

## **“WHO IS AWAKE WHILE ASLEEP”**

What steers a car for its locomotion? The progression results due to the energy of steam which powers the engine. Again, when the car halts temporarily, the energy of the steam continues to power, even though there is no movement. Likewise, the energy is always active and under no circumstance, it stops or waits for anyone. The mellifluous order flows in such a balanced manner, amidst the incessant philosophy of the universe and inside every atomic and sub-atomic constituent of the constellation within the harmonious torrential deluge, as if a latent power is always working beneath. This power manifests as “movement” within every material. This movement molds and shapes life itself, redefines its form and features leading through the path of the continual flow of change.

When a fan is running, a source of energy powers its motion; however, when the fan is unplugged, the source of energy remains but the external manifestation is not there. A similar kind of energy consistently is functioning in our brain or mind. The brain or mind is never inactive. However, it is not easily discernible. When someone works strenuously in a conscious state, it is easy to perceive the presence of such energy. However, it is rather difficult to realize the continual working of the same power when someone is asleep. What does the dream state indicate while we are asleep? What do we understand from this? Sleep is nothing but a condition of death. Every day, all of us, cruise through the path of death while asleep, though for a short while. Through this dream state during our sleep state or temporary death state, we are being informed that there is the existence of life beyond death. This is not a fantasy of imagination, but a reality, proven with evidence. Numerous articles, books, and scriptures have been written on what exists and what does not persist after death. So many philosophers and orators have discussed and debated this topic but were unable to reach any conclusion. The ceaseless eternal mystery has remained shrouded in mystery, and no solution has been reached yet to this day. However, through the dreams that we see during our sleep, Nature has indicated that there is something beyond death. Given that there is something beyond death, have we been able to explore what is there or how it is there? Whatever is there has remained yet unknown and remains astray. Though it is not known to a great extent, it cannot be labeled as completely unexplored or uncharted. Though the body remains as a corpse during sleep, the mind continues operating. Under such circumstances how the mind is functioning is a different discussion, but

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we cannot postulate that the mind is not there during the sleep state. Hence, it is not that there is no evidence and thus, it cannot be assumed that nothing will happen, or nothing happens, or nothing can possibly happen beyond death. In some way or other, Nature foretells or keeps indicating this in its chronicles. Everyone reaches an age when it is difficult to recall things that happened in the past. However, this does not mean that those things did not happen. It means we cannot negate or invalidate the existence of those earlier events. Living beings pass through many stages from conception to birth. From there on it grows up. However, today, we are not able to recall any of those stages that we have passed through. Why is this lapse of memory taking place? We should not have forgotten – but we have forgotten. Just because we have forgotten does not prove that we have not traversed through these stages. A 2 or 3 day old child is surely able to see and hear, but they fail to clasp those impressions. When the child grows up, the power of understanding it exhibits was embedded within it when it was a few days old. Thus, it can never be stated that just because the infant is unable to exhibit maturity it does not ascribe to the power of comprehension. The child also has the capabilities; however, it seems that the mind waves are floating or are in an arbitrary state. It is natural that a person who is asleep will remain in a sleeping state. However, during the sleeping state, so many things do happen in a dream. In the dream, we go and visit places, converse, and roam around, while we lay on the bed. We swim in our dream and find that we have caught a cold when we become conscious. Let us now go into that discussion now on how this transpires. Let us say that we are speaking and wandering while dreaming. Though it is not considered unreal or fallacious but is all genuine. If we consider a dream as unreal or not genuine, then the events observed in the dream would not occur. If dreams are fictitious, how come we relate to the same event in the real world? Did we ever observe, after we wake up, we relate that “last night, in my dream I met my father, then I went to my village where I passed my childhood memories and met my school teacher? At that point, the dream suddenly dissolved, and we woke up.” If whatever is seen in a dream is completely unreal, how could we remember and describe the events with precision once we are awake? Do we have the right to dismiss this as just a dream? We could see that even in this death-like-sleep state we had continued to work. If we had not visited several places and had not met several people in our dream, we would not have been able to relate it once awake. This ability to continue working while one is in a sleep state – is noteworthy and very significant. This gift of Nature is so

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profound, it is hard to fathom. Many people sleep with their unrolled eyes. Does one always observe everything when eyes are open with unfurled vision? No, not so. If the eyes are fully closed while we are asleep, then how do we dream while asleep? The mouth is locked when asleep, still, we speak in our dream. When asleep, the limbs are stationary and even all the senses are muted, but in the dream, we run, read, study, meet, and discuss as usual. How is that possible? On waking up, how can we describe what events we have encountered in our dream? That should not have been possible. During the sleep state, the mind is like the state of death. Sleeping conditions and death conditions are similar. Sleep is a miniature version of death. However, in the dream state too we were in a state where it was possible for us to act and do some work.

There is no deception that we can tell what we have dreamt. We distinctly remember most of the things we dreamt. How do we remember? How are we able to relate after we wake up? This needs deep deliberation. Nature is relentlessly trying to convey something through the dream state. Turbid water can be purified to crystal clear by passing it through active charcoal. The mind is treated in a similar way through dreams. In an awakened state which is a conscious state, our intellect, and judgments are constantly impacted by the realities of life which prevent the mind from achieving all that it desires. Thus, it becomes difficult to rise above the doubts or tribulations and work with clarity and spontaneity. But when asleep, the mind can fly across the sky, unbridled. At that time, whatever we think without impediments as-if translates to reality. In such a state of mind, we can walk over water, or fly in the air, or do anything we desire. Nothing can prevent the mind from doing anything in that state. It is as if the turbidity of the mind, laden with the doubts and tribulations of the awakened state, attains purity through the filtration via dreams and in that crystal clear state aligns with the speed of Nature, and on its own flows along with the unbridled speed of the Nature. The mind frees itself from the prison-like body, and as a free bird, it flies around the free sky with spontaneity. The minor entity of the awakened state, through a dream in sleep state; can possibly feel its potential enormity and vastness, for a moment. Hence, sleep is like temporary death and sleep is like a meditative state. One can return to awaken state from a sleep-meditative state, however, that is not possible once we reach a death-meditative state. If we accumulate a year of sleep state into a moment, it will turn into a death state. At that moment we were not there anymore. When someone faints or dreams or

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experiences delirium does the mind have its entity present in the body like when in an awakened state? In this state, the mind is partly removed from its presence within the body. Hence, he does not remember or recollect all that happens in that state. In a meditative state, one does not necessarily remember all that happens. The dream happens in a sleep state, however, if the dreams from the 365 days of sleep are consolidated as one, where would the person's dream reach? How will the dream of that sleep state be that we usually refer as "death"? The thoughts within the everyday dream remain in fluidity; it cannot solidify into a solid form like ice. Hence, we cannot experience a coherent form of it. The events that we perceive in our dreams remain uncorrelated and haphazard. Often, we find no common thread that binds these events. But do we know what happens to the consolidated dream from the 365 days of sleep as it emanates from the body? When the temperature falls to zero degrees, the water in grasses, leaves, rivers, ponds, or anywhere around solidifies into ice. In a similar way, the dream that happens at death enables one to see one's own corpse but is unable to re-enter the same. That dream which was fluid in sleep solidifies after death. At present we are dreaming of different events, however as they cannot solidify, hence, life is unable to respond. The day we can provide 365 days of response in one day, we will solidify. Consolidation of 365 days of sleep is death. The dream of that sleep (death) state will solidify and would not be able to re-enter the body. Post-death one would remain in that solid state. Thus, this is the irrefutable blazing truth that there is something that transcends or surpasses death.

Based on the incontrovertible evidence that we can remember the dream that we see during a sleep state, the concept of a solid-state is introduced. It is not significant what we have discerned in our dream. If one could never remember the dreams one saw in their sleep, we would have completely negated the postulate. On waking up, the events that happened in our dream during sleep state makes us aware and tells "see how you are tossed around post-death."

During sleep, we are conscious, as well as we are conscious when we are awake. If the consciousness level during our sleep state can be united with the consciousness level of our awakened state, the events and activities that seemed to be impossible to perform during the awakened state can be easily executed in our awakened state. Between the solid state attained post-death and our current state, death acts as a sieve. The ultimate state of sleep is death.

Everybody dreams. What does this dream indicate? The dream indicates that every day we are

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waking up as a conscious being after a deep sleep, i.e. every day, after temporary death, we gain consciousness once we wake up. Moreover, while asleep, we were conscious and after we woke up, we can remember that. This is phenomenal! This is a great gift from Nature! Unless there is consciousness after death, one would not have been able to recollect about the conscious state while asleep after waking up. None of this is untrue or fabricated as it all can be derived as a mathematical calculation. The fact that one is conscious while asleep is clear from the dreams one sees. Otherwise, one could not have remembered what one saw in the dream. That we can remember about meeting our late father in the dream, what does that signify? It is as if Nature is telling us, "Please do not forget where I perch you while you are asleep." This is a great miracle for everyone. While we are indulged in a death-like sleep, we cannot deny that there is so much toss-and-turn happening with us. The events in the dream could be impossible or untrue, but we can remember it once we wake up and maybe feel sentimental about speaking to our late father, all goes to prove that after our permanent sleep, we will remain conscious. So, when death comes near, will everything conclude there?

An entity always remains conscious within us. This entity which is ever awake and conscious continually makes us aware of death. If we remain awake and constantly aware of death, and ever remember the events that have occurred during our meditative state even after returning to our normal state; that will be the ultimate gift. That day, those events that happened in the meditative state are bound to happen in normal life; this is the law of Nature. This meditative state graduates through dreams to ultimately a meditative state called death. Dreams will always be there in the sleep state, and one will be able to recall the dream when they are in an awakened state.

What has been referred to as the invisible mind in scriptures and ancient philosophies has not been solved yet. However, Nature has not played any hide-and-seek behind the garb of this invisible mind with anyone. Nature, in a very transparent way, has kept its doors wide open. Nature beckons all and tells, "know thyself. You have within you the priceless gift, explore it." If we are unable to find it within us, is it Nature's liability by any means? Sleep is a great gift of Nature. We may not be able to appreciate this gift by which, we can dose off and fall asleep easily; sleep in itself is a type of meditative state. It is by no means "ordinary". Someone is snoring off in sleep but is blissfully wandering around in fields and meadows in one's dream,

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unperturbed. How can we elucidate this state?

The consciousness is alert in our sleep, just like the car engine in an indolent state has its steam work running, similarly even after death, the steam work keeps running. If the “steam” referred to as life or consciousness had not been there, the change would not have taken place in the body after death. The existence of “steam”, or rather lack of it, results in the decay of the body to the elements in the natural course. Maggots form in the dead body. Any transformation indicates that the steam work is running, and consciousness is at play. The eyes, mouth, ears, and brain are nothing but light, air, and water. This steam of air, light, and water is also not without the steam referred to earlier. Hence, no other substance is needed. This way we could always refer to the chronicles of Nature and the mathematics thereof.

We need to now elevate from the concept of ‘Steam’ to ‘Cream’. A child dreams but cannot remember and recall it. Hence, for that child, the visual form of the dream remains fluid. Hence, the cream is not formed. We should not remain ignorant as a child. We should follow and move forward by utilizing the indication of the consciousness that is informed through the dream during our sleep state every day, and progress. By removing our ignorance, we need to tune our real identity to the universal consciousness and transcend our “self” with the rejection of ignorance. We need to consolidate our minds from our current fluid state to the frozen solid state. Nature desires that each living consciousness freezes into a solid state such that birth and death cannot usurp it. Trees germinate from seeds and seeds eventuate from trees. Will living beings be continually entrapped into the birth-death cycle? Is the primary purpose of Nature’s decay and disintegration, to entrap living beings in the cycle of birth and death? Not so. This does not satisfy the purpose of Creation. Nature desires each living being to rise above decay and disintegration, to come out of the entrapment of the birth-death cycle. This is the purpose of Creation. To that end, Creation is for everyone.

With age, hairs turn grey and then fall off. In parallel, the mind matures. Nature desired us to be aware of our maturity. Nature wants us to understand if we are maturing well, graduating to a frozen or solid state. Now we are unable to solidify our dream, but once we solidify, we would realize that “I am presently here, and also co-exist millions of miles away.” Once we can transform into a solid state, we will be able to go anywhere and do whatever we want to do according to our desire. There will be no issue. We will feel that to be the easiest thing to do. If

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we are able to do such fieldwork, the dreams will consolidate and solidify. If we can undergo this transformation, i.e. unify the state of the mind that is attained in a dream when asleep, with the mind when it is awake, our confidence will increase manifolds. In that state flying in the air, walking, or running on water, all would be possible. All impossible tasks will seem to be possible. The concentration of the mind increases greatly while dreaming, hence, if we can continue that state of mind when awake, many things become possible.

In dreams, we become conscious and think “am I dreaming?” If this state of consciousness can be merged with the state of mind when awake, the job is done. In our awake state, if we constantly think “I would like to see my sleep state” and if we are able to visualize the same, our consciousness while in the dream state will merge with the consciousness of mind in the awake state. If, even momentarily, we can think, “Let me check if my sleep is all right”, we will progress a lot. If we can extend this momentary realization by and by, we would be able to perceive our state of consciousness beyond death.

Let us think for a while about how each one of our own minds, at every moment, responds to our personal queries. We are constantly talking to ourselves in the form of questions and answers. We are not distinctly aware of this, but our mind is constantly doing brain work. This way Nature is making us aware that our soul, without us realizing it distinctly, is in constant dialogue in the form of question and answer; amounting to it being completely separated from our body. We are a distinct entity separate but within our mortal body. That we are seeing or speaking, who is seeing or speaking? We cannot identify that “being”. It is playing the theatrical part of us in its chamber. Even today that sense or consciousness, though rests on us, is distinctly separate from us like mercury on a dish, as it is not intermingled at all.

Our true self, which we refer to as “ours”, can, in a moment leave our body without us being aware of it in any way. We cannot even perceive when it leaves our material body within a fraction of a moment without our consent. It partly manifests itself in dreams. The body is just the carrier. The body does not serve any purpose. It is just a co-worker for the true self. That is why once the true self escapes from the body, the body becomes purposeless. The true self is the owner. Hence, eyes see, ears hear, and tongue tastes, only if the true self is present. The body itself does not “own” anything. If the body truly owned anything, one would not have been able to see by transplanting parts of eyes from others or would not have been able to function with

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the transplanting of heart or lungs. So, does the body have no purpose at all? Are the numerous forms and manifestations of this infinite universe unnecessary? Is it even possible that these numerous manifestations of the universe do not possess the supreme gratification of its entity? What do the changes and transformations from one form to another indicate? Space, with all its emptiness, itself wants to solidify through forms. As if, the emptiness is announcing through the forms “may I draw a solid shape using these forms.” It is hosted within the body as if with the sole purpose of it to take a form and acquire that transformation and solidification. Emptiness, in form of ‘Sense’, is sitting in its own chamber, with batteries fitted to its eyes to observe, and fitted to its ears for it to hear. It manifests itself through queries and responses, discussions, and deliberations. Although it is situated in our bodies, it possesses a completely different identity. Binding or encaging one’s true self is beyond all techniques and technologies.

The very thought that continually flows in our mind is our true self. This true self resides in our body but remains completely separated; on death, it leaves our body. Once it leaves our body, everything ends. Eyes, ears, nose, tongue, everything remains but none of these can function anymore. The “thought” that leaves the body, solidifies. This process is referred to as death.

The entire universe is living. How does life emanate from this emptiness? This emptiness is “sense”, it is consciousness. That is why the universe is filled with consciousness. This “sense” desires to freeze and solidify. Nature continually indicates this process of solidification. Hence, everyone “wants to be good, wants to eat well, wants to stay well.” In other words, everyone wants some satisfaction, some peace. Everyone wants freedom from turmoil and pain (dejection and desolation). All of these are materialistic approaches. In its path of becoming solidified, it stipulates this approach unconsciously. Have we ever pondered which universal tune drives them to seek satisfaction, harmony, and peace? This is the internal tune of every individual. Within every material, knowingly or unknowingly, there is an inherent hurry to attain such peace and, in this desire, the “tune” arises from time and again. In their lifetime, everyone is trying to solidify this tune, in their own way. Hence, everyone desires “peace, satisfaction, happiness, healthy and good living.” All desire to live peacefully but no one will live forever, all will have to die. Our father, and grandfather, have gone, and we will go as well. No one can be brought back. Why is it not possible to bring back anyone? The milk is created here from the water hyacinth. Hence, that milk does not yield any butter. After a lifetime of pain and sorrow, the soul departs. The

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solidification does not happen. All are engaged in work that does not yield butter, and hence they cannot solidify or consolidate. They cannot consolidate throughout their lifetime. Nature is trying to point out and tell “Observe and learn. Do not waste time. Study the chronicles of Nature and follow it and row in step with it. If we succeed, we will be able to consolidate our true self like butter in this eternal Void, and travel wherever we desire.” Then we can easily exist gracefully amidst the bosom of nature with our solidified entity. The ultimate desire of each one of us in this life of desire and want is to attain infinite peace, and this is the only path to it. The ultimate aspiration and the perpetual endeavor to accomplish that ultimate tranquility can only be achieved through this path, this is the only path. We have been collecting seashells on the beaches of the ocean of life; did we manage to get any pearls yet? This means we would not be able to attain the ultimate peace in this way. This is not the path that will lead us toward that ultimate world of serenity. Our heart beats and makes ‘Lub-Dub’ kind of sound; the Sun also makes a similar sound – the “desire for ultimate peace.” It is not the ideology of this material world. This desire is not confined to us, here. This desire for ultimate peace is found everywhere universally and found within each entity – it is a message from the universe too. This is a message from the far, a signal from the deep. If our heart is attuned to the beats of the transparent and pure tune of Nature, then it need not get entangled with immoralities over here. The tune within us is constantly echoing these words. Crafted words would not have stood the test of logic, and could not have been accounted for authentication. But these words have been proven with proofs of reality and with corroboration of testimony. How much we try to camouflage or hide, this tune will express itself knowingly or unknowingly. Similarly, with all our comforts and earthly desires for such comforts, we remain unhappy and will remain insatiable and restless throughout our journey. Thus, all remain desirous of ultimate peace. Through this, Nature is trying to remind us in very many ways about the light, about God. Even after being so privileged, everyone remains unsatisfied, unhappy; and all regret and feel disconsolate or dejected; all these talks about the emptiness; all these are enunciating that desolation. There is contentment only for a moment and then again we feel unsatisfied, abandoned, and deserted. Thereafter none of the satisfaction is permanent. Close and near ones, break the bond of love, die, and go away. They disappeared into the emptiness, departed with the nothingness. There are no Gods or Goddesses. “Something” emerges in this “nothingness.”

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The absolute fullness manifests in this profound emptiness. That's why every arrow which have been inscribed in our several body parts, leading or indicating us towards that greater and bigger disposition of Nature. At every turn where there is a chance of problem, there are such arrows of warning. In this journey those arrows reprimands wherever we feel the possibilities to get threatened. Nature is also continually providing direction. All directions are for us to reach the destination. In life, the instinct of individuals acts as the arrow of the Nature. It needs to be understood to make progress. Still, it impacts and impediments while making the progress. The differences in senses that we encounter, these differences help us to develop our senses. It is for this; the consciousness is provisioned and sealed within each one of our inner reasoning naturally. Any action that we do violates the "inner reasoning", will fail to reconcile. Our actions that are driven by greed, attraction, and fascination will always lead us towards that down fall; it fails to maintain harmony with the tune of Nature. On the other hand, if our "inner reasoning" is in tune with the tune of the Nature, we will be able to consolidate, solidify. Nature is always letting us know "to do this, to do that". We are all able to understand if we are doing it right. Yet, we let our greed, attraction, fascination overpower us and end up doing what we desire. As we fail to pay heed to the "inner-reasoning", we fail to receive responses from the "inner-reasoning." That's is why we cannot consolidate and solidify.

Every form in Nature is built up of numerous elements. The sweet dishes that we happily devour, has come from the cottage cheese. The cottage cheese is processed from the milk. The milk that comes from cow's udders are built with the blood, muscles, sperms, grass, air, light, water, etc. with the amalgamation of so many things. In a similar way everything in Nature takes shape. Nature always desires and tells, "Bring me to a shape." Starting from the human body to any living form, the body is an instrument for providing a form to the emptiness. This is the only instrument that can subjugate the shape of emptiness. Emptiness is void; if it evacuates there is nothing to hold on to. But if we can decipher the chronicles of Nature, and follow its directions closely, it is possible to capture the emptiness. The air comes from this emptiness. Again, water has the air dissolved in it. But if we freeze the water, the air dissolved within the water is solidified, locked. This way the consciousness that manifest across the universe, that sense is taking shape and is solidifying. This sense is merging with the sense of the "inner- reasoning" and like an essence spread across. Those who can play the seven chords of their body like

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instrument appropriately, can lead a life following their “inner reasoning”, the desire or will to be overpowered by the greed, attraction, fascination attenuates; these desires does not remain for long. When the sense itself solidifies, then the acts of speaking, movement, having tasty food, all solidifies. If we can solidify once, whatever we are experiencing here will have analogous symptoms, beyond death. Here, we are able to go from one room to another at our will; there we will be able to go from one planet to another at our will. Whatever happens “there” is reflected here. Here we are able to do everything leveraging our consciousness and sense. We are performing our duties, serving our responsibilities towards others, exchanging pleasantries with others, welcoming guests, etc. All what we are doing are being done by leveraging that “sense” of ours. If we are able to solidify and freeze this “sense” of ours, then our inner-ability will increase millions of times over. If we can solidify and lock the emptiness, we will be able to move around from the Moon to the Sun, from one Constellation to another with ease. Our shape, our inner reasoning, will remain preserved as we move around. If needed we will be able to guide ourselves, the shape and form will remain under our command, and we can do whatever we desire. All work can be accomplished through those senses. The emptiness can only be solidified using this body-instrument. At that time, we would be able to realize the infinite power of our small body-instrument. Hence, we need to consolidate, solidify, and do whatever we can, while the body exists. We are able to scratch ourselves with our own hand, we can feel ourself. It is as if we can see ourselves. Think – how great this power is! We are unable to appreciate it because we are getting it effortlessly. Nature, through its ways of warning can inform “Please do not waste any moment.” We will have to leave behind everything. Why are we wasting our time on something that shall perish? We need to extract the essence from the whole by solidifying the sense. By proper tuning of our individual consciousness to the universal tune and walking along we get attuned with the “inner- reasoning.” In doing so, we will be able to unchain the birth-death cycle forever and successfully accomplish the real purpose of creation itself.

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