

next time...close your eyes...feel it
there will be a certain taste in your mouth
like gas...like the air is coming out of your mouth
and then you went into the black
that it is a good experience
enjoy it !

question *when we want to relax we go to sleep
and we see dreams but mostly dreams disturb us...
sometimes my dreams are very active and i feel a lot
of movement...why do we see dreams and what are dreams ?*

dreams are a vast subject for the person in the normal world
his dreams are his future projections...his desires unfinished...
anybody in the normal world wants to have something...
do something...get something...
and they feel incomplete
so dreams will surface within them

the moment you start meditating
the quality of your dreams will start changing
because you are learning to be detached from this body mind and desire
another form of dreaming begins
dream is the release of energy that you cannot release consciously
any energy that you cannot release consciously...
will release in the form of dream

it is simply energy opening its doors
and flowing in a different direction
so it is nothing harmful
in fact it is a safety mechanism of the body
to release anything incomplete
and release it as a dream
so dreams are actually very healthy

but for a meditator who is watching his mind and his thoughts
this question arises how to get out of the dreams
if you try to force
then you will create more complications within the inner mechanism
first you should understand how to live your daytime more consciously
the non dreaming physical reality
if you can live your whole day consciously
there is no hidden energy left to dream

gurdjieff used a very simple experiment
he made you work so hard in the day
by digging a hole in the ground
keep working the ground...keep working...keep working...
keep working like a farmer
that when you fall asleep you are gone
no time to dream
you have spent your whole day so totally working in the earth
that you cannot even dream
you go to sleep...blank !
you see what i am saying ?

dream is a luxury for those who have not spent the whole day working
when you are active and total
you will have no dream left
you can see the simple people in the villages...the farmers...
they do not have any dreams

there are many layers of energy within you
first there is the physical energy
for the mundane day to day activity
then you come to superconscious energy
that is undivided...at the third eye
then there is another layer...that is the cosmic energy