

if you have spent the whole energy of the physical body
and you continue...continue...continue...
the next layer will open...the superconscious energy
and if you continue...continue...continue...
your body will collapse
but cosmic energy will start entering in you
layers open...higher and higher layers

dreaming is on the below mundane level

it is the lowest energy in you
incomplete day to day action

so if you do not spend your energy completely
when you will fall into the depth of your sleep
this layer will unfold

there are certain people who dream
but their dreams are not of the body
they are visions
they enter from the third eye
cosmic visions...supercosmic visions...mundane dreaming...
so one cannot really decide whether it is a dream or a vision

let the dream come
just watch it...let it go...you are not it
let it continue
if you start labeling it as a bad dream
tomorrow you may have a vision
you may think it is bad too
so do not make any judgment
i do not think you are really a dreamer
but i do feel that certain visions can enter you
you have a capacity for vision
you have that window open
so maybe look again carefully

question *you told that while we are sleeping we leave our body...
and if somebody tries to wake us up while we are sleeping...
is it dangerous ? is there an opportunity that i am not going
to come back to my body ?*

it is not nice...

when you are sleeping you should sleep
you have threads connected to the body
you are hanging out on the ceiling

to bring you back when you are sleeping is not nice
but not dangerous...you cannot die so quickly
your husband must be trying but he cannot kill you !!
ha ha ha !!

question *i will be happy to see a lot of dreams every night
but unfortunately every two or three months i cannot
fall asleep at all...it can last two or three days
that i cannot sleep...i am staying awake in the middle
condition...is there any clue how to avoid this ?*

no no no...that is very good !

when you are not sleeping once in a while you get a cycle
and if it is cyclic you have come to a certain awakened point
your body has had enough rest...so do not sleep
it happens to some people when the moon is full
sometimes at full moon you cannot sleep
if that is so it is a good clue
it means your peak is there
enjoy not sleeping !
you are a very strong man...you have extra energy...
overflowing strength in the body
so it can be natural for you