

States of Memory

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*This book is a formatted and slightly edited transcript of videos
of the States of Memory Video Series of author's
YouTube channel - Pure Experiences
<https://www.youtube.com/playlist?list=PLQH41ckWLitQ>*

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Preface

I am delighted to present the States of Memory video series in a book format. This follows the publication of a transcript of the Laws of Memory series of videos. It is a verbatim transcript of the videos mostly with some corrections, sub-headings and formatting. Each part of the series is presented as a separate chapter. The style is informal but some attempt was made to include formal definitions and details wherever it was needed. I assume that the reader is familiar with the Vibronic series of videos on my YouTube channel (Linked above), where most of the framework was published and on which these talks are based.

It was mostly a spontaneous talk, based on a previous series of lectures, and includes some latest information and insights. I allowed the content to flow directly from the Gurufield as much as was possible and avoided adding my own views or thoughts. I also tried to include information from ancient texts of Tantra and Hermetics, as well as oral teachings of my Guru, whatever I could recall. With this style of presentation, it is difficult to capture the topics completely, still I made every attempt to include important information, and even then I feel more could have been added.

I am thankful to Gemini for helping in transcription and formatting.

Those who are interested can listen to the video series (Linked above) optionally. I hope this humble effort will be useful for many seekers.

Tarun Pradhaan
Tamhini, India
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Chapter 01

States of Memory : Definitions and Categories

Welcome to Pure Experiences. Today we are going to start a new series of videos on the topic of states of memory.

After listening to the series on laws of memory, many seekers must be wondering, what do all these laws accomplish? What is the net result? What does this memory do?

So a simple answer is, laws are a result of a structure, and these structures are not static. Not only are they changing, evolving, repeating, copying according to the laws, they are going through some meaningful states, which means they are repeating through some specific configurations which produce some specific experience. Or in other words, you can say the memory, according to its laws, moves through specific patterns of structures that produce a variety of experiences.

So a play has been arranged, and play, the player and the audience, are one. You are that. So you are the experienter that is witnessing all the experiences that are being produced through variations of structures in the memory.

This is the long version of formulas that we often state in the path of knowledge: dream is the dreamer, dreamer is the dream, and so on. So the concept of memory helps in explaining a little bit of the dream. That's all it does. We find some logical arrangements, some regular and orderly patterns in experiences, and we conclude that something meaningful is going on. We try to find a meaning or some logical correlation with the experience.

So the mutual play of laws of the memory and impermanence in the memory produces a series of states, or various arrangements or configurations of the structures in the memory that produces various kinds of experiences. And you must have already guessed, there is no limit to these kinds of experiences. There is no boundary. They are of infinite kinds. And so we can immediately say that the configurations in which the memory is found are also infinite. These will be called states of the memory.

You can also call them modes of the memory. The word "states" or "state" will give you an impression that it is static. There is "sta" in the states, which means something stationary, standing. But these states are continuously changing. They remain for a while. These

configurations or modes of memory and their structures, remain for a while, and that is why we can call them states. They stay for a little bit, and they change, and they come back. It is happening in cycles.

So before we take a look at various states of the memory, at least those which human beings can understand a little bit, before that, I just want to repeat some of the definitions and introduce some new definitions and concepts. These will help us to describe the states of the memory.

Key Definitions and Concepts

So as you already know, probably those who have gone through the series on Vybrionics and laws of memory, they know some of these definitions.

The first is the vibration, which is a non-physical, non-mental, apparent change in the emptiness of the existence. It is a change of two states. You can call it primordial binary change. It does not actually happen; it appears to happen.

When the vibration arranges in a semi-stable pattern, we call it memory. It stays for a while. The vibrations of various kinds form a pattern in the memory that stays for a while, thanks to all these laws of the memory. It is meaningful, produces an experience before dissolving back in the emptiness.

A process is a cyclic change of a vibrating pattern. The vibrating patterns are not stationary. Sometimes they appear to be stationary, but they are simply repeating very quickly, and that is called a process. Process is something, a change, which proceeds. It goes through some recognizable patterns, then repeats. Like the second hand of the clock ticks through all the numbers and then repeats. It is a process. Like day and night is a process. The same pattern keeps repeating. And not only that, it achieves something. A process achieves something meaningful which is somehow useful for the whole structure in the memory.

So you can immediately see there can be two kinds of patterns. One is somewhat static; it stores the information. Normally it does not change, and we don't want it to change. But a process is a changing pattern which does something on whatever is stored. So it is very, very similar to the memory in a computer and the processor in a computer. Just like the name says, the processor runs some processes on the data which is or the information which is stored in the memory. We don't want the memory to change randomly or change continuously; we want the process to change it. If there are two numbers in the memory and we want a total of it, we run a process through the processor. That changes the memory and produces a sum or total, which again gets stored in the memory.

So a process is meaningful if we get a good answer to this question: what is it doing? If it is not doing anything, we won't call it a process, if it's not doing anything meaningful.

So how many processes can be there? And the answer is infinite. Probably we should stop asking these questions: how many? There are as many processes in a structure as are needed for its maintenance. The DGR happens through many processes, and the process is responsible and necessary for maintaining it.

So a process is a knowledge, but it is a moving knowledge. The pattern in the memory or the structure in the memory knows what to do to achieve some kind of goal.

Processes, Activities, and States

So when a specific set of processes is active, we call it activity. Because all the processes, probably infinite, or you can assume some number for sanity of the mind—let us say a thousand processes are there in a structure in the memory—but all thousand probably are not needed at the same time. You don't need them simultaneously. So some of them are active at a specific time, and this group of these specific processes will be called an activity. But that activity also comes and goes.

An example is an activity of typing something on a computer. You hit the keyboard, the number pattern goes in the memory, it is processed by some processes, and it gets stored. But if you want to count the number of characters that you typed in, then another process starts. You hit the button, a process starts, counts the character, produces the result. So counting and typing are different activities. They each involve one or two processes, or probably we don't know how much of what goes on under the hood of the hardware.

The same way, a leaf on a plant synthesizes its food, or whatever it synthesizes, actually glucose or any kind of organic chemicals, using sunlight, water, and carbon dioxide, and so on. That is photosynthesis. It has many processes in it, and it is the activity of photosynthesis which happens in the daytime. At night, it does not happen. Some other processes are running, like respiration, and so on, growth.

Another difference between a process and activity is activity is apparent, which means it appears, it is experienced. A process is mostly purely conceptual. It is very difficult to see a process running. If the activity has one or two processes, you can separate them out, and you can probably stop one process and see the other process, and so on. It will always appear as an activity, but still we can guess which process is happening there. But activity is always visible, or you can detect it, you can sense it.

So when some specific activities are going on, we call it a state. Because of these activities, they stay in equilibrium. They do not drift, or they do not immediately start and stop, or nothing random happens mostly. It is a recognizable kind of state. It is not stationary; it is highly dynamic. Many activities, many processes are going on in a particular state of the memory.

So I gave you the example of a computer. When you are using the editor, you are typing in the documents, it is in a state. The windows are open, it is checking the keyboard, what keys are you pressing, it is doing the formatting, probably in the background it is checking the spelling, and so on, checking the grammar, and so on. It is connected to the internet, and every 5 minutes it is saving it somewhere, sending the data. So all these activities are happening. We call it a particular state of the computer, or we say a program is running, an application is running there. Once you're finished, you close the application, you turn on something else, you start watching a video, now the state of the computer changes.

It is very visible. There's no need to guess that the state has changed or not; there is no need to guess. But activities, you can see, and they produce an effect. Processes in a computer, we don't see normally. When your editor is checking the spelling, we don't actually see some process that is happening on your monitor. We see the result of it.

In the same way, we take the example of the plant. Photosynthesis is happening, the plant is growing, it is taking in the water from the soil, capillary actions, and water is evaporating from the leaves, and so on. This is a particular state of the plant. In the night, the state changes. So all these activities that were happening in the daytime, you can call it the waking state of the plant. And you can extend it to states of an animal or human being.

So there can be states within states, sub-states, but usually we define them when they are needed. And those are also specific kinds of activities. It is very arbitrary to define a state. If it differs significantly from some other group of activities, we usually draw a line that, okay, this state changed to this other state.

At one time, many processes are active. Probably I should mention here only that the processes never deactivate completely. They do not go dead, because there is no way to start them again. They're always running. The processes are always proceeding. The processing is always happening. Only that their intensity drops. The same way, the activities are always happening, only that their intensity goes down. They are not visible. And same way, states are always present, because these hidden activities are always going on, latent activities. They are in a state of potential, you can say. They're potentially there, virtually there.

Attention and Intention

So what brings this state into experience? And we have a very simple theory here. You can say it is just a guess. We don't know what causes this, at least I don't know, but we can guess that the state that is dominant is mostly experienced. We experience all the states all the time which are a result of all these activities and processes in the memory, but we experience a specific state more intensely sometimes. That depends on how important that state is at that time for any given reason: survival, or something interesting is going on there, and so on.

The experience is of the dominant state. In occult terminology, we say the state which has more power, more energy, is experienced. Although the other states are there, they go into the background. They are not experienced. They're not known. Only the dominant state is experienced, and this phenomenon is called attention.

In ordinary language, we say, "My attention is on this activity now, this state." For example, you're doing something in the world, you're walking or climbing stairs and all, your dominant state is looking, eyes are identifying the objects, your mind or brain is planning the route, your legs and arms are moving, holding things so that you don't fall, and so on. Your attention, that that is the dominant state. These activities are happening, and we say my attention is on this state right now. "I am doing this," you say, in very ordinary language.

So when the dominant state shifts to something else, we call it shifting of the attention. We do not say that one state changed into another, no. We always say the other state became dominant. The first state is still there somewhere. It is latent, or it is non-dominant. It is hidden behind what is on the screen of the experiencer.

You can even call it attention as an activity. It is a meta-activity that changes the states. Sometimes it is useful, this kind of description.

It is possible to change the state voluntarily. This is an amazing thing. It is almost automatic, all these processes, activities, states. They continue, they go in cycles in an automatic way. The attention shifts, the states dominate and then go away, then reappear automatically. But it is possible to come back to a particular state, or activate a particular state voluntarily, intentionally.

So we'll define intention as an activity that induces a state. Although the whole process is automatic, nobody does it, but it happens like this: there is a memory of some state, it produces a desire to be in that state, probably it is useful for some reason at that time, and a process called intention, activity of intention happens, which brings that state into

forefront. From the background, the state emerges into the foreground. This will be called induction of a state.

These states will automatically happen as and when they are needed, but it is possible to reschedule them. That is called intention.

So these two words are very important: attention and intention, for any occult seeker. Check that there is "ten" in these two words, "ten", which is the same as the "ten" in "tendency". And it means to reach, to stretch. In occult terminology, you can call attention and intention as powers. This is very important. If a seeker lacks these two things, there is no hope for that seeker. That person is not even a seeker. If people have not heard these two words, just like I described them right now, then they are not seekers, because ordinary people don't know all these things. They have heard these names, but they do not know that these are powers.

What do these powers do? They bring upon a state. Why do we want this state and not that state, and so on? That is a matter of long discussion, and we are going to do that in this series.

So these are some important definitions which are related to the topic of states of memory. Everybody should memorize them, and if something comes up in our discussion, some new word, and surely there will be, I'll define that there. But without these keywords, it is not possible to follow what I'm going to tell you. You should understand these things first. So states of the memory is an advanced topic, not for beginners.

Spontaneous vs. Induced States

So all these states are dynamic. How do they change? And they change in a cyclic way. One state follows the other. This is the natural way. But as we saw just now, it is possible to induce a state, bring it on command with the power of intention. You can shift the attention.

So all these states, they change. Cyclic change is spontaneous, but we can induce the states. Now there will be some debate among experts: which state can be induced and which is spontaneous?

For example, I'm talking right now. I simply need to intend, and the activity of talking starts. I am in a state of thinking, talking, sometimes taking notes, correcting, and so on. This is easy to induce. You cannot induce a state of hunger! It is very spontaneous.

There is debate. There are experts or masters who will say, with proper practice, proper techniques, it is possible to induce anything. So yes, like everything else, it is only a matter of how advanced you are. You can manipulate the illusion if you know the illusion. You can bring on the states if you have the power. That's why it was called power, intention. You have the intention, you can do it. There must be some power, and it comes through practice.

Why is this important? Why do we want all these powers, and why do you want to induce anything? It will become clear as we go forward.

So why did I call it an illusion? Because it's all illusory. All the states are producing nothing but illusion, and the explanation of these illusions is a state. When a specific kind of illusion is appearing, we can correlate it with a specific state of the memory. Therefore, all these states etc. are double illusions, because the state is simply our imagination. It is an abstraction or a concept. We see the illusion changing and then we guess about it. This is the scientific method. We make some logical predictions. We try to study it. We try to find laws for it. How it changes, how to bring the states, which state is better, which is not, and so on, you see.

For example, if you are in a state of suffering, sadness, or a negative mental state, usually people don't want that state! Hardly anybody wants it. There is a tendency in a human being to get rid of these states which are not wholesome, which are not favorable for us. So any seeker would like to have some kind of control or power over this state, that if it comes spontaneously due to some reason—it is very natural—we want power to change it into something else, for example, equanimous or state of awareness, something positive or neutral.

So that is why seekers are crazy after these powers to control their states. And sometimes we call it control of the mind. They want to become masters of their mind, because all these states are finally mental.

The Two Categories: Sleep and Dream

So that brings us into the topic of how many kinds of states there are. And as I said, there can be infinite kinds of states. Yes, we don't know all of them, which is obvious. A human being cannot know all of them. There is no law that says that there cannot be more than these states or like that. There is no such law. There is no limit.

But we can categorize the states. To study them, it becomes easy. We cannot study all the infinite or thousands of states, so we categorize them. And everybody will categorize them

in their own way. Every master, every student, every seeker, every scientist, every occultist, they have their own traditions, systems, so on. Because they are apparent, they are seen, they are known, and so it is easy to categorize them.

So I'm going to categorize them in two categories: the first is sleep, and second is dream.

Remember, these states are not of a human being. Although the names are totally familiar. Yes, I go through these states, I sleep and I dream. But these are not states of a human being or a body-mind machine. These two are states of memory. The names are very familiar, but not to be confused with the state of a person or a human being or any other animal or creature. We are talking about states of the memory.

So only two categories, and that will be shocking for many. How can you categorize everything, all the states, so many states, into just two? And nothing to worry, we'll create subcategories in these. But according to my understanding, there are only two categories of states.

Many people will ask, where is waking, where is death, where are other projected states and all? So don't worry, they are kinds of dreams. They are subcategories of the dream state. Why and how, we are going to discuss in a lot of detail, and these two categories will be justified.

And some people will even go to the extreme of saying that there is only one state, which is sleep. If there is only one state, you don't need to name it. So you call it the state of the universal memory, or existence, and it is just like sleep. "No, no, but why is there experience? Why is it limited experience? Why does it change, and so?" And there is an explanation that all these things are simply disturbances in the sleep state.

Sleep is dynamic. Remember, states are very dynamic. Sleep does not mean inactivity. So here we start sounding very different from general knowledge, public knowledge, or common sense. So all these classifications are justified.

So I'm not going to go into that area of controversy that there is only one state, although it is very logical to say that. Dream is simply a specific kind of activity in the state of sleep. But it becomes very confusing. So for easy explanation, I'm still going to say that a dream is a separate state where sleep is not seen, and sleep is a separate state where dream is not seen, not found. Although it is totally wrong. The dreams are happening in the background of the sleep.

Just like I said, they do not really disappear. The activities or processes, they do not disappear completely; otherwise nothing is there to start them.

So many people will say sleep is not an experience, it is absence of experience. That is also not true. So all these questions will become clear when we start explaining these states.

Overview of the Sleep State

So for now, I'm going to give you an overview of these two categories of states.

The sleep state has a characteristic that all the activities are running. It is not an inactive state. All the processes are running, all the activities are running, but there is no dominant state. The attention is not specified here. The memory is not inactive; the memory is never inactive, because it is vibration. Vibration means nonstop change, continuous change.

So what is the characteristic of sleep? That new knowledge is not stored. Although every activity is running at full speed, we don't get the knowledge, because there is no dominant activity.

Now you can see why some people say that sleep is the only state. So everything is running here. The only thing is the activity of formation of impressions is not seen, it is not known. Are they not forming any impressions or what? And the answer is, no, we don't know. Probably many impressions are being formed, but they do not last, or they cannot be accessed when the dream state starts.

It is very funny. Our ignorance is now showing up. Although we are deep into the memory, probably you must have never heard this kind of deep analysis before! This is not an academic subject; it is an occult subject. This kind of knowledge was kept hidden.

You will never be able to say that nothing is being impressed on the memory. You will be able to say that, "I don't know what was impressed on the memory in the sleep state." It is possible that many impressions are happening in the memory, but when the state changes, there's no knowledge of what was stored, or what happened.

Again, there is no knowledge of the world, body, or mind. These all are forgotten. After the state changes into a dream state, we come to know these were always there. The world was running, the body was active, it was not dead, and the mind was active, processes were running. But that is known only after the state changes, when the memory becomes accessible through attention.

So you can say in short that the attention is diffused. It is like a cloud. It is not like a needle tip. So it is very difficult to say what happens in this state.

And yes, now it is justified: the majority of the state of the memory in this existence is like this. There is no sharp attention. There is no particular dominant state. There is no sharp foreground. This is sleep.

So what happens in the sleep actually, it is unknowable. We can guess some things, that this must have happened, that must have, but knowledge is not possible. And this is how the whole existence is. It is not possible to know what it is. It is in a state of sleep.

And the major question is, what happens to the experiencer? Is there any consciousness? Is there any awareness? Is there any experience at all? And the answer is again, we don't know. That knowledge formation and reflection on the knowledge, contemplation, all these are possible in dream state only, not in sleep state.

But since just like all the processes are running, it is only distributed attention, diffuse attention, we can confidently say that it is not a state of unconsciousness. Sleep is not a state of unconsciousness. That's why we call it sleep, and we don't call it an unconscious state. Actually there is no such state as an unconscious state. There is either attention or non-attention. So technical hair-splitting kind of situation here, but yes, you can define unconsciousness as sleep and proceed without any problems. So we avoid all this terminology which is confusing. We have our own terminology.

So nothing goes away. Your experience, experiencer, memory, all the structures in the memory, all the processes and activities, they are all there, but their knowledge goes away. So that is why we call sleep a base state. It is the basic state of the memory. And that is why it is justified to say that sleep is the only state of the memory.

When the attention becomes sharper, it focuses on some or the other activities, then we say the sleep changed into a dream. But it did not, really. The sleep continues, the dream appears in the background of the sleep. The whole universal memory is like this.

It is amazing. You will never find these kinds of descriptions in any book. Nobody will tell you. No scientist knows these things. This is very specific to our model of Vybrionics. But the amazing thing is, it agrees with a lot of occult literature, and it agrees with teachings of many masters. It agrees with a lot of ancient theories. So I don't know whether it is correct or not, but it is interesting. This is the in-depth study which modern knowledge has not yet touched.

So sleep can be defined as the background of the dream states.

Is it possible to induce sleep? Just now I told you that it is very difficult. How can you induce it? It happens spontaneously, naturally. The dream fades away, sleep remains as a background.

But just like I said that some masters will say, if you have the power you can do anything you want, you can bring any state. So yes, you can bring the sleep state. You can go back to the base state of the universal memory, and it can be called induced sleep.

And there can be different flavors of induced sleep. Some will have some knowledge of activities, some will have some knowledge of the experiencer, that "I'm there, although I cannot see anything. Nothing is happening probably, it's all empty, shunya, but I'm there." That much is still impressed on the memory. Probably that is the minimum. After that, there is nothing. Nothing is knowable after that.

And there can be other sleep states where nothing meaningful is happening. It is like a wind of random vibrating patterns, you can say like that. And there can be many kinds of now flavors of sleep which are not actually sleep, strictly speaking. It is still a disturbance, but the disturbance is so tiny that we put it in the category of sleep. Nothing wrong with that. These categories are arbitrary, as I said. You can make your own categories.

So traditionally, in ancient times, these were called *Samadhi* states. And yes, there are samadhis that extend into the dream state, we'll talk about them later, but this is a kind of samadhi state where all these distortions in the memory or disturbances in the memory are not present. Some people like it. It is like sleep!

But probably something is known in those states. That knowledge is valuable, and so a seeker wants to achieve that state. And yes, it is possible to induce it. You are in your usual dream state, and you make an intention of diffusing your attention out of this state. You either focus on some other activity or you simply ignore it. It is a power. It is a power of intention. And you let go of the attention, and you are left with something like sleep. That is the samadhi state.

It depends on how deep you go. You may or may not get a knowledge of it, or in ordinary language we can say the awareness of this state may or may not be present, depending on the depth of the samadhi state.

Anyway, this is my understanding. If anybody wants, they can correct the theory. They can improve this theory further, add kinds of sleep, and so on. It is possible.

So spontaneous, it is natural. It is always there; sleep is always there. Induced is possible, but not all will be able to do that. Only somebody with a lot of practice behind them, with a lot of knowledge, and the power of tradition, Guru field, and so on, you see, lucky few can get to the induced sleep state. Yes, it produces some knowledge, you see. Knowledge of oneness or emptiness or whatever you want, you see, it's possible. So induced sleep is sometimes useful.

Overview of the Dream State

And now, the overview of the dream state. The characteristic of a dream state is that it is a disturbance in the sleep. The attention is much more focused, depends on activity that is happening, and there is a knowledge of a world, a body, and a mind, an individual mind, ego, and so on, depending on the structure, or you can say depending on the organism, or the creature, or the body-mind machine. Something appears. An experience appears and is also known.

There is a difference between experiencing and knowing; they are two different things. Knowing always means that experience is being stored in the memory as logical interconnections. It is not simply happening; it is being known. You can answer questions about it: what is it? You can say something about it.

So we say that the world, body, and mind are present in a dream state. Remember, we are talking about states of the memory. It is not a person who is sleeping and dreaming in the night; we're not talking about that. Whatever activities are happening, they are getting stored. They are acting on the memory, some impressions are getting stored. Probably it is important for survival, DGR, whatever. We say that there is knowledge of these three experiences: world, body, and mind. Although it is one experience, these are not three experiences. It is all mind. It is all appearance, it is all appearing as an illusion in the dream state. There is something which knows, yes, these are there.

And in advanced structures, in more evolved memory structures, there is a possibility of ego arising. The ego says, "I am dreaming," or "I am here, I am present." The word "I" appears. The "I" is simply another activity. We call it egoic activity. This activity claims the experience, takes the ownership of the experience. "This is my world, this is my house, this is my belongings, these are my people, this is my body, these are my thoughts, and these are my emotions." This activity runs along with all these activities, is called egoic activity, present in only advanced creatures.

And those who get self-knowledge, it is possible that this other activity starts, which is called awareness. This activity disowns whatever ego is saying, plus there is knowledge that this is an illusion. It is very interesting. There is a knowledge that this is a dream state, this is a state of the memory or the mind. There is a knowledge that this body-mind machine is not me, I am the existence, and so on.

This is possible only after self-knowledge, and this is a possibility in an evolved creature like a human being. Given the right circumstances and a lot of luck and a lot of grace, presence of a master, self-knowledge happens, and the state of awareness appears in the dream.

Remember, it is also an illusion. The illusion is simply denying ignorance, that's all. It is purifying itself.

And it can go further after some more evolution, some more progress, and there is a possibility of knowledge of oneness or unity, that something which is seen as a dream is nothing but me. And this me or this "I" is not the ego here. This is the interesting thing. This "I" is the whole existence. So the position of the "I" shifts from a small ego, which is illusion, which is relatively illusory, false, to the whole. It shifts.

This is, you can say, the final state of the dream. The dream is evolving from a completely sleep-like, ignorant, and dark state to this state of awareness and knowledge of oneness, a unified state. And there are many names for this state. We call it oneness usually. In our program, Essence of Knowledge, it is called experiencing. It is always there, but this time, after self-knowledge, it becomes full of knowledge, full of light. It is seen simply as that which is, instead of there being a story behind it, there being ignorance and assumptions about it. What is being experienced? What is experiencing? That becomes very clear. It is what it is. It will be said like this.

You can call it unity, you can call it *Yoga*, you can call it *Kaivalya*, or non-dual state. When this state is achieved, the presence of a dream does not matter. And so, we come full 360°, we complete the round, and we call it *samadhi*, again.

And again, there will be different names of this kind of *samadhi*, and usually on the path of knowledge we call it *Sahaja Samadhi*, or the easy *samadhi*, a natural *samadhi*, you can say, which is what it is, that's all. It is what it is. It does not matter if the sleep is being disturbed through a dream; it is an illusion, so nothing is actually disturbed.

So this is the overview of the dream state of memory. We should not call them states of a person or a seeker. There is no person, there is no seeker, there's nobody. So that is why

this science is so powerful, because it is just one of the paths that takes you to non-duality. This is the highest state.

There will be some debate here again, because obviously philosophy is a field of debates. Without debates, it is a dead field. So some people will say, "No, that sleep was more pure samadhi. This is slightly impure because of a dream." The other camp will say, "No, a dream is an illusion. If you're resisting the dream, that is impurity." They will hold their hand up, point the finger, and they will say this.

Who is right? Nobody. Nobody's wrong also. So that decision is completely subjective and meaningless. There is no difference between 0° and 360°. It is a waste of time to debate. What do you want? Get that state. You have the power. You have the potential.

The Spectrum of Dream States

So the final topic for today's episode is simply a summary of the dream states. So I'm showing you a spectrum of dream states.

There can be infinite kinds of dream states. So they start from almost sleep-like to whatever we call as samadhi of some kind, equanimity of some kind. The dream states, they range from less aware to more aware, less evolved to more evolved, depending on what kind of structure is mediating that state.

And depending on how many senses are active in the dream state: less senses, more senses, less experience to more experience. Here, less experience means that there is less knowledge, less variety. More experience means that it is very rich, vivid, exciting, and interesting.

And you can also draw the spectrum depending on what appears in the dream. Is there a body? And yes, sometimes the body appears. We'll talk about the bodies briefly, later on. So right now you can simply draw the spectrum from a simple body, like a sphere, a glowing orb, or irregular cloud—that is a simple body—to a complex body, like an animal or a human being or even more complex things than humans. It's all possible.

And again, what appears besides the body? Where is this body appearing? If you can answer it, that will be called world. So simple worlds: a flat plane, darkness, space—this is a simple world. Sometimes you will see clouds or ground or simple structures. That will be a little bit of complexity. But sometimes very rich, extremely complex worlds appear, depending on the area of the universal memory that is active, where the attention is right now. And anything can appear.

So we are in a relatively complex world right now. Direct experience is a waking state. It is our physical world, also called the death world, traditionally. So we are currently in a state of dream which we call waking. It is not waking; it is a dream where there is a human body and there is this death world.

Death world sounds very terrible, but no, it is very logical, because this state will not stay. This world will not stay for long. When the state changes and this death world disappears, it is called death, which is another state.

So now you can see it is a very big undertaking to describe all these dreams, especially when you have only a tiny experience, direct experience. So we are going on a journey now which is mostly imaginary, mostly based on stories told by other seekers, researchers, masters, books, and so on. Who knows whom, who knows what we encounter in this memory, in this illusion? They tell their own version, they tell their own stories. Does not matter. State changes, story changes, you see.

So we'll try to understand a few dreams, a few kinds of dreams, and those who are now completely confused, "Where is the waking state here?", don't worry. That is simply a dream state which is somewhere in the middle of this spectrum of dream states. It is nothing special.

People think the waking state is most important, it is the only state in existence, and "This is my life," because yes, this is the human life. The waking state is the human life in this world, physical world, death world. And this is a very narrow view. This is a very narrow kind of ignorance, almost darkness.

So we study states to get some knowledge, to get rid of this ignorance. What is happening in the waking state, it will become like the tiniest part of the dream. However, it is important because we, as humans, are in this waking state. We'll find out how important it is and how to study all these other states.

We'll continue in the next part. Thank you for listening to Pure Experiences.

Chapter 02

States of the Memory: Ordinary Dream States

Welcome to Pure Experiences. This is a series on states of the memory.

In the first part, we saw that there are two categories of states: sleep and dream. The dream states are, obviously, more interesting, and there is more variety in those dream states. So we will start listing some of the subcategories of dream states.

It is interesting and amazing that, as human beings, we have access to many of these dream states. Human beings, although they are somewhat in the lower, less evolved category according to masters, they are still very powerful. They have the potential to evolve, and they can evolve very fast—some of them, at least. So we are capable of many experiences, and they are all dream states. There is no other possibility. All that which is experienced is a dream. Nothing else is possible. There is no true experience. Experience means false. So the phrase "true experience" becomes "true false", which is meaningless. It is just like asking, "Which dream is the true dream?"

So here, the distinction of true and false breaks down. There is only relative true and relative false. And that's what we do. We come down in the relative area, and we try to assign the truth mostly according to the consistency of the dream. There is no other way. You can call consistency a measure of objectivity also; some people like that. And there is another parameter which increases the truth of the dream, and that is awareness. It is paradoxical because awareness means that the dreamer knows that this is a dream. Still, awareness makes it more real for some reason.

So we'll start at the lower end of the spectrum of dreams. Remember, these are just case studies. It is not an exhaustive list of dream states; the whole series is just examples of various dream states. We take a few states that are accessible for human beings, and we analyze them.

What is an Ordinary Dream State?

So at the lower end are ordinary dream states. This is what ordinary people call a dream state. It brings a picture of a person sleeping, and something is going on in their mind, in their head, in their brain in the night time. This is the ordinary picture of this state. And this is fine, but we are going to take another view, which is from the point of view of universal, non-physical, non-mental memory.

So a human being is actually a structure in the memory. Those who want to know more about this structure should listen to the Vibronics series of videos. We also call it the layered structure of memory. It is self-organized, hierarchical layers of structures. So the body forms the lower layers, the nervous system the middle layer, and whatever is seen as subjective experience, that can be grouped in a somewhat higher layer.

So each layer has a memory. You can approximately say like this. A more accurate way of saying it is that each layer is in memory. For the discussion of dream states, we can say that these layers have memories; they're built into the memory.

So in the ordinary dream states, the attention shifts to one of the layers, or a few layers, in this layered structure. So the memory that is limited to the layered structure—you can call it a human being if you want, or any creature; many creatures have the capability to have these kind of ordinary dream states, so we'll focus on human beings because that's what we know—this layered structure is arranged in a memory. We are going to call it the local memory.

Remember, this boundary is really not present. We are delineating the structure out of the universal memory. We are imagining a boundary there. And whatever memory lies in this boundary will be called local memory. And in ordinary words, you can call it my memory, memory of a person, or this memory which is accessible to me right now.

So the memory area where the ordinary dream state happens is local memory of this layered structure. The attention is on this local memory. What are the contents of the local memory? Something that is useful for this creature: the impressions that this creature gathered in other dream states, or anything, any knowledge, any impressions, any kind of information that this creature stored in this memory area. These contents are experienced.

Characteristics of Ordinary Dream States

What are the characteristics of ordinary dream states? We call them ordinary because of these characteristics, some parameters which I am showing here.

High Subjectivity & Low Objectivity

The subjectivity is very high. It means others cannot access the same memory area. That is why we call it my dream. Nobody knows what it is; nobody else has access to it. And we also call it my experience, because it is highly subjective. This is obvious because it is the local memory which has a virtual boundary around it. It is protecting itself from outside influences, and therefore it is not accessible to any other structure outside this local memory. There is a virtual boundary around it.

So that results in a very high subjectivity. In ordinary language you can say, "Nobody else can see the dream that I see." And that means objectivity is low. Why not zero? Because sometimes other creatures, other people appear in the dream, and they agree about the contents of the dream. For example, there can be a dream where you are sitting in your house, there are relatives, friends, and other people, and they are having dinner. Most of them will agree that the dinner is delicious. It appears that they are sharing that house, space of that room. So there is some objectivity, but it is all relatively false. It is mostly totally subjective. While the dream is going on, there appears subjectivity, which is simply consensus among the dream characters.

Low Consistency

Another feature is that the consistency is very low. Something is appearing in the dream—a person, a face, or an object—and it morphs into something else completely. The story changes in a random way, in a meaningless way. Things appear, disappear. There is very low consistency there. This much we can know via our own direct experience.

Since consistency is low, and consistency is one of our criteria to call it true or false, generally people call their ordinary dreams false. Nobody will say that whatever I saw was true. The consistency is low because the processes that are happening are very limited, very small, almost a fractal copy of the waking state. And the contents of the local memory are low resolution, which means the impressions stored there are not very detailed. Whatever is useful for this creature, that gets stored in a very compressed form. So that's why, when it is played back as a dream experience, it is not really consistent.

Low Impression

The next characteristic is that this experience is not impressed very well on the memory. Because it is happening in the local memory as a playback of the local memory, it is arising out of local memory, it is already there in the memory. So there is probably no need to make another copy of it. So usually, when the ordinary dream state ends, there is no recall of it. Nothing sharp was impressed on the memory. Sometimes—sometimes there is a possibility of it making a good impression on the memory, and that is why the impression is not zero, it is low. But mostly, everything is forgotten, except in special cases.

Low Awareness

And usually, in the ordinary dream state, awareness is low. It means there is no knowledge that this is a dream. There is a little bit of awareness; awareness is not zero here. I'm calling it as low awareness, but not zero awareness, because this character that appears in the dream knows his or her name and some information about the world, and whatever is stored in the local memory, a tiny fraction of it is recalled in the ordinary dream state. There is some awareness.

The interesting thing is, low awareness gives the dream a characteristic of being less real. We call the dream state false because there is less awareness there. Because there is less awareness, it is not strongly impressed on the memory. The effect of more awareness is usually more reality. We ascribe a quality of truth to that dream, although, paradoxically, fully knowing that it is a dream. So our ordinary dreams are usually called false, not real, simply because there is very little awareness there.

Lack of Control

The next parameter is control. Usually there is no control over what will appear in this ordinary dream state. The scenes change randomly. Sometimes objects, faces, morph into something else. And usually the dreamer is not aware that this is happening. It cannot be started or stopped by will. And usually we do not see a lot of laws in the ordinary dream state. It is an unlawful, complete disorder, because of low consistency, low objectivity. And lack of control also gives us the same feeling of it being false, unreal.

Limited Senses

The next parameter is senses. Usually there are fewer senses that are present in the ordinary dream state. It is mostly visual. Sometimes there is sound, voices. So most of the time it is audiovisual. But rarely there will be other senses like taste, touch. Usually it is just a blur of shapes and sounds. Something is appearing, somebody is speaking, and so on.

Since senses provide the irreducibles, in the ordinary dream states, these shadows of irreducibles are present, which are usually seen in the waking state. So the experience is mostly muddy, unreal, random, subjective, and is forgotten very quickly.

World, Body, and Mind as Faint Copies

You can break down the experience into three kinds here also, in the ordinary dream state, which is the world, body, and mind.

- The World: World is usually a copy of another world. It has the same objects and elements that are seen in some other state. Usually, for a human being, it is the waking state. So whatever is seen in the waking state, a copy of that, rough shadow of that appears as a world.
- The Body: Same with the body: the body appears as a copy of another body, usually a human body. Sometimes it is seen, sometimes not. Sometimes it is assumed that there is a body, but it's a copy; nothing new appears.
- The Mind: And the mind that is composed of mental activity, ego, and memories of everyday events, is also a copy of whatever happens in the waking state. The ego, if it is present, will act and look like the ego that is present in the waking state. That person is approximately copied in the ordinary dream state, including its likes, dislikes, and faults, and qualities. Everything is a faint copy.

And usually the amount of novelty is very low, which means usually nothing new is seen. Nothing new is experienced which we already don't know, because of it being a copy of the local memory. It is a playback of this copy which was accumulated during some other state, usually the waking state. Some people can say, "No, I saw this new thing. I saw something which I had never seen." And yes, it is possible. But those dreams will not be called ordinary dream states; we are going to discuss them later on. These are called ordinary dream states exactly because nothing new happens here. If something new appeared, we won't call it an ordinary dream. Although a variety of experiences can appear, there is probably no limit to what can appear, but it will be copy, nothing new most of the time.

Subcategories of Ordinary Dream States

So we are going to now list some of the sub-subcategories or kinds of ordinary dream states. This is only as an example. It is not an exhaustive list of all the ordinary dream states. I'm just giving you some examples which can be directly experienced and which fall in the category of ordinary dream states.

1. The Daydream

So the first kind is very, very familiar. It is called the daydream. And many of the daydreams, they fall in the ordinary dream category. Because of it coming from the local memory—highly subjective, low objective, low consistency, low awareness, low control, and so on—all these characteristics are met in most of the experiences that we call daydream.

And it is called daydream because it can happen in daytime, although it can happen in night time. You can call it an active imagination state. What happens is, if the creature is relaxed, there is no survival pressure, the attention drifts into inner areas of the local memory and plays something. Some play is witnessed. These can be desires, or some creative planning, or something else. Here, the creature need not enter the sleep state. They can directly witness a dream.

It can happen for those who are in creative fields. Like a story writer needs to dream about the story, it must go into the local memory. We can poetically say that they leave this world, the waking state. Even while awake, they look like they're in the waking state, but their attention has shifted inside the local memory. Same with artists. They need to create something, and they enter this kind of daydreaming state where the imagery flows in the mind. Sometimes they get something, inspiration, and that is created.

2. The Random Night Dream

But usually the ordinary dream states, they happen in the night, when the creature is inactive. The body-mind machine, or in the case of human beings, the human body, has nothing much to do because it's night time or rest time. So it is inactive, and it enters the sleep state. This happens in the night time, when survival is not a requirement. The DGR is paused for a while, so there is nothing to do in the waking state. The attention withdraws from the waking state senses, and then the attention drifts into the local memory. And sometimes ordinary dream states happen if there is some energy in the memory somewhere.

And usually this is what we call a dream. Whenever an ordinary person says the word "dream", it usually means this night dream which happens in the night, and it is completely false for them. We are calling it a random night dream to distinguish it from different kinds of night dreams.

So this is the most common kind of night dream, or this is the most common ordinary dream state, where the images appear, disappear, and things seem to happen in completely meaningless and random manner. This is probably 99.9% of dream states. It happens most commonly, and it has all these marks of ordinary dream states: subjectivity, and less

consistency, less impression, less awareness, and so on. And these dreams are forgotten very quickly, because mostly they're meaningless. Since there is no awareness, no consistency, no objectivity, there is no need to remember them. They usually have no effect.

So whenever somebody says "dream", usually it is a random night dream. That's what they mean. But here, we should remember that our use of the word "dream" is very wide. It is a state of the universal, non-physical, non-mental memory.

3. Replay of Fears

The next kind of ordinary dream state is a replay of fears that are stored in the local memory. Probably in some other state of the memory, such as the waking state, something bad happened. Some traumatic event happened which was related to survival, DGR, and it was not favorable for survival. The waking state is nothing but survival most of the time. So anything that threatens survival, anything that affects survival is impressed very strongly on the local memory. This is the major function of this layered structure. It is trying to survive, DGR, and if something goes wrong there, it must be impressed or memorized in detail and deeply. And that makes a dent in the local memory.

It is like placing a heavy weight on a stretched bedsheet. It will bend the whole area of the bedsheet. The gravity of that event is so strong that it makes a depression in the local memory. This depression is called an attractor in mathematical language. The word "attractor" sounds very positive, but it is not in this case. Like water flows down in the lowest part of the ground, when the person is dreaming, when they enter the ordinary dream states in the night time, when survival is not not a big issue, it is not required, there is no immediate need, the attention is free to flow, free to drift. But because of this depressed landscape of local memory, it falls directly into that pit: the pit of fears.

That event which made that kind of dent, impression in the memory, is so heavy that the attention has nowhere to go. It simply falls there. This is called the attractor because there is more probability of attention going there or getting stuck there, because that is the most energetic vibration in the memory right now. There is a fear there. It was labeled as important by the ego, because it is necessary for the survival of the creature.

So whenever the dream state is entered, attention goes there, and it plays out the same scenario. Whatever trauma or loss or danger that happened in the waking state plays out. For example, a child was terrified by a dog in the waking state. Now the child will keep dreaming of being chased by that dog, or many dogs, for many nights—for a week, probably. And that will remain impressed, probably forever, for the rest of their life.

So usually the play of fears is very clear. It is very obvious that something happened in the waking state, and then it is appearing, being replayed in the night. But with time, new impressions are formed in the memory. The old ones are overwritten, or they become less important, or the person grows up and the importance is not much there. But the attractors still remain in the memory. And instead of manifesting directly as clear-cut events of fear in the dream, they become very subtle. Something or the other appears that is related to that fear.

For example, somebody's father was very strict. He was a bad person, and did not behave properly. Now, even after many years of those events, even a grown-up person will see his or her father in the dreams many times. That father figure has become an attractor. Does not matter what kind of dream is playing, the attention then goes and revolves around that depression, that pit of events that are related to their father. And it is a very subtle thing. They're going somewhere, and they see their father standing on the road, and so on, you see. Although it is not a terrifying nightmare, still that attractor is there, which distorts the ordinary dream into a play of fear. Sometimes the fear reappears and takes on a story, takes on a life in the dream.

And that is why these ordinary dream states that manifest old fears are important in psychoanalysis. Because probably that person is still getting affected even in the waking state due to these fears. And probably they have forgotten in the waking state: "Why do I behave like this? Why do I dislike this person of this color, or this race, or this kind? Why do I dislike all women?" And it turns out that there is a fear somewhere. Probably their mother was not kind, or they were insulted by their partner, or something like this. So analysis of these kinds of dreams, ordinary dreams, provides some kind of diagnosis for the mental issues of the person.

4. Play of Desires

A related kind of ordinary dream is the play of desires. Now instead of fear, there is a really strong desire. That desire appeared in the waking state, but it was not fulfilled. Now, that which is not fulfilled becomes important from the point of view of the ego. Ego says, "I want this. I'm not getting this." So it again forms an attractor. The desires that are fulfilled, they are forgotten. It is not important now; it is done, I got it. So they do not form a big impression in the local memory. They are stored away somewhere. They are not forgotten completely, but their weight is not there; they do not capture that kind of energy and power.

So in the night dream or ordinary dream, when the attention is free to fly around, it gets trapped in these pits of desires. They are a depression in the landscape of local memory. And these desires, they play out. For example, you wanted to eat something: the same food appears in the dream. A very simple example. Or probably you like somebody: that same person keeps appearing in the dreams, because it has formed a depression, an attractor.

The same thing can happen in case of daydream. These fears or desires, they can appear in the daydream. That's why people like to simply daydream when they are full of some desire. That fulfillment of desire in the dream provides an illusion of satisfaction. The mind says, "Yes, it happened. I'm getting it." And so the attractor is renewed. It goes there again and again.

When the ordinary dream state ends, for example, when we come back in the waking state, the intellect says, "It was a dream. Your desire was not fulfilled." And then the ego again renews the desire: "Oh, it was not fulfilled." It renews that attractor. The depression remains. So no amount of desire fulfillment in ordinary dreams can produce satisfaction. It is not fulfilled, it does not go away, but it provides a momentary pleasure. That's why people daydream about what—about whatever they want. They dream about fulfilling their desires.

The same thing happens in the night dream. And in the night dream, or which is the most common kind, the intellect is also silenced, and there is more satisfaction there, momentary. The ego, or in ordinary words, the mind, knows no difference between what is real and what is dream. Only when the intellect is active, the intellect stamps that experience as a dream and false. It checks whether there was any awareness, any impression, any consistency, objectivity, and the intellect says no. And so, yes, it is false. But for the other processes in the mind, it is true. They do not differentiate; they do not discriminate between dream and reality, because actually everything is dream. Only this ordinary dream is somewhat low resolution, low quality. That is the only difference.

So the difference between all these dream states is probably only intellectual. If the intellect is not functioning, like in the case of less intelligent people, they will treat their ordinary dreams as true. "I really saw this person in my dream. It will mean something," they will say. "I got this thing in my dream. I'm very happy." Here the intellect is silenced. We give it a benefit of doubt that probably yes, it really happened. We enjoy that moment without intellectual interference, like we enjoy any movie or book, drama. That play of desire happens as a drama in the ordinary dream state, although without any control.

The immediate desires, they are very clear, they are very obvious in the dream state. But with time, they are overwritten by other desires, other events. But they remain forever, for

the whole of life. And these desires, they appear in subtle forms in the ordinary dream states. And therefore analysis of these dreams provides us an insight into what is stored in the local memory, what is there in the depths of this memory which we call myself. "What is inside me?" in ordinary language.

So these dreams provide very subtle clues about unfulfilled desires that keep appearing no matter how many years pass. And probably they affect the waking state also, because the activity is always present. The dream activity is always present in the background. So all these unfulfilled desires, they are still governing your life. We are unaware sometimes, and these desires appear in the dreams, sometimes in a very minute form. And an expert can diagnose what remains unfulfilled in your life, because unfulfilled desires cause psychopathy. They cause mental issues in the waking state.

So these dreams are not totally useless. They are a mirror. They are like a microscope which reaches inside the depths of the local memory. Although they are random and meaningless, something can be learned from these ordinary dream states.

5. Mixture of Desires and Fears

Sometimes there is a mixture of desires and fears. They play out at the same time. For example, you desire a good house. You want a very beautiful house. And yes, that house appears in the dream, but within seconds that house starts falling down, crumbling. It catches fire, it burns down, and so on. Which is manifestation of the fear that probably I will not get this house: "I'm trying, but it is beyond my reach right now."

This is a very direct manifestation, but there can be subtle manifestations, which can happen long after the unfulfilled desire was buried in the depths of the memory. For example, you are walking home in a dream, and you forgot the way to your home. You don't know where your house is. You enter some house, but it's not yours. This is a mixture of play of desires and fears. There was a desire to have a home, a house; it was not fulfilled. Now there is a fear: "I'll never get my home, my own house."

So the meaning can be very subjective, but it provides some clues on our otherwise ignored activity of the local memory. We are so busy in our DGR, survival, that we don't pay attention to what is getting stored inside the memory. It is governing your waking state also, and the waking state is appearing as shadows in the dream.

The subject is so vast that many books can be written on this, and people have written many books, and it has given rise to a whole field of psychology or psychoanalysis, dream analysis. Even though we call it an ordinary dream state, it can be useful sometimes to

study them. So interested listeners can do more research on these various plays of fears and desires.

Sometimes the desires arise from some other layer of the memory instead of local memory, and the person says, "I never wanted this thing. Why is this appearing in my dreams?" Or, "I never had this kind of fear. Why am I seeing these things in my dream?" And that is a clue that it is no more the ordinary dream state. Now other memories, distant past, other lives, they are appearing in the dream. Although they look like ordinary dream states, there is encroachment. We are going to discuss all those dreams later on. But usually, an ordinary dream state is a copy or a shadow of what is happening right now in the waking state.

6. Episodic Dreams

So the next kind of ordinary dream state is episodic dream, which means there is an apparent story there. There is an illusion of a story being played.

For example, you want something: you go out of your house, you take your car, you go to the market, you meet somebody there, you buy the stuff, you show your stuff to your friends, and so on. You are very happy. This looks like a story, and we are amazed that, "My mind can create this kind of episodic dream. It looks a little bit meaningful." It is not completely random just like the other kinds we discussed.

Sometimes this story is created in a daydream also; many people know that. It must be your direct experience. So what happens here is, the mind is not planning to create a story. There is no intentional plan that says, "Let us dream about a story, episodic, meaningful dream." It is not intentional. What happens is, it is a random dream, just like any other dream, but there is some connection between the scenes. The scenes change, but there is a tiny amount of intellect active there, or probably it becomes active after waking up, and it stitches together all these pictures, making it a story which is apparently meaningful. There is an illusion of story there. It is not really a story. We are talking about ordinary dream states. There can be dreams with a story—it's possible, but not here. That is why we are calling it an episodic dream.

It can be seen in the case of children. If you give them four or five pictures—cartoon images or pictures of animals, people, other children—and you ask them what is happening here, any smart and imaginative child will create a story from those pictures. They will describe what is happening in those pictures. They will weave a story out of these pictures, although you have presented only some random pictures. But the imagination is strong, the intellect is working, and they form a more or less logical story, because they are trained on such

books—comic books or storybooks—where the pictures tell a story. So when you see some pictures, habitually the mind wants to connect them into a story.

The same thing happens in the ordinary dream states sometimes. In the case of episodic dreams, there are pictures, but they are loosely connected, and the mind weaves a story. The tiny amount of intellect that is functioning there creates a story out of these random pictures. After waking up, the intellect is stronger, functioning, and then you simply trash that dream: "It was something meaningless. It appeared that something was happening, but it was completely meaningless." You say something like this, and forget about it. Sometimes these stories are interesting and amusing, entertaining for a while.

7. Vivid Dreams

The next kind of ordinary dream is a vivid dream. And like the name says, they are somewhat better in quality, somewhat higher resolution, more consistent. There is a little bit of awareness. More senses, probably: sight, sound, touch, taste. And even a story is possible. It is vivid, and therefore it makes a good impression on the local memory. It is stored in a better way, stronger way. And that gives it an illusion of truth.

After the dream state ends, the person says, "It was almost real. I thought it was really happening." Because now the intellect also gets confused because of its vividness, colorful, meaningful patterns that are seen there, events that happen there. Still, it is an ordinary dream state, but you can guess that it is somewhat on the higher side, higher end of dream quality.

So these vivid dreams can be in the form of play of fears and play of desires also. Sometimes the fear manifests so vividly that the person wakes up screaming, sweating, trembling. That's called a nightmare. It is so vivid that it affects the waking state. Not only the mind in the waking state; it affects the body in the waking state also. The heart will beat and breathing will be faster, and they will be cold, sweating, and so on. And probably that effect will remain for the whole of the day or few days, because it was so vivid. The intellect then becomes silent and says, "It was almost real. It scared me." Because of the ego and other mental processes, there is no difference between dreaming and waking. They will do exactly the same action, whether it is your night dream, daydream, or whatever, waking state. The reaction of the mind is always the same. It is only the intellect that has the ability to see that it was a dream. The body and other layers of the mind, they cannot distinguish. There is not much intelligence there.

So the same thing can be positive. It can be a vivid dream with some desire getting fulfilled. And that person wakes up with a smile, laughing. And the whole day goes beautifully; he's

happy that day. Why? How can an ordinary dream, random dream, affect that person so much? Because it was particularly vivid. It was not completely random, probably. It has more reality in it.

So these ordinary dream states, they are not less important. They have an effect on the person. You cannot ignore them as just dreams. They are also experienced. They also get impressed in the memory. Sometimes they get impressed on the memory strongly. Only sometimes—one in a thousand. You can say once a year you will get a vivid dream of this kind. But the mind does not treat it as a false dream. It is real for it. It is real for the body.

So, for example, you see your friend in your dream, a vivid dream, and the friend misbehaves. He insults you, betrays you. Something like this happens, and you wake up sweating. For a few minutes, the intellect cannot comprehend what is going on. By that time, it has made an impression on the memory. So probably that day you will avoid your friend. You will not call him, and you will be sad for a while, because it was a bad experience. But since it was a vivid experience, it was much higher resolution than your ordinary, random night dream, it affected the whole body-mind machine, whole layered structure.

Sometimes these daydreams can also be very vivid, especially in the case of some artists. We call them talented artists. They can very clearly see their own creation in a dream-like manner. And so they are able to paint it or display it or create it or write about it in a very vivid fashion. The readers or the viewers are delighted. They also taste the dream of the artist. His imagination is transferred into the audience. So like a good movie, a realistic movie affects a person, a vivid dream can also affect a person. But it will be very rare. Most of the time, there will be these above kinds of dreams, the majority of them, and forgotten.

8. Meaningful Dreams

And the last kind of dream in the ordinary dream state category is a meaningful dream. And like the name says, it is less ordinary. There is some meaning there. Some experience happens which is meaningful, and it is very rare. Once or twice in a lifetime, or once in a 10 years, you will get this kind of dream. And it is amazing, because the intellect also says, "There was a meaning here. It was not really a dream." The intellect will say this, and it also affects the waking state, your life. The waking state is your life.

So, for example, your grandmother appears in your dream. It looks like a story, an episodic dream, and it is vivid. And your grandmother says, "I'm proud of you. You will be successful. You need to become this successful person," and some other discussion happens. And you

wake up, and you can't believe it, because the whole discussion was not random. It was not like your other garbage dreams. There was a message there.

So it makes an impression on the memory, and then the intellect says, "Probably I need to work hard. I need to become successful. I need to become that person. I need to become somebody." And that governs the rest of your life, or probably affects it in a significant way. There is a significance of it.

So again, this will happen very rarely, and it is also an ordinary dream, giving an illusion of meaning in it. However, the intellect mostly does not care. It is treated as something which is true. Many people do that. Those who are not very skeptical of dreams, those who do not dismiss dreams as some fantasy or random noise of the brain, they tend to call every dream as meaningful, although it is not true. That is not intelligence, to call every dream as having meaning. 99.9% is completely random, meaningless noise of the local memory. Just play. Play of attractors, play of desires and fears.

But there are exceptions, because it is an illusion, Maya. Everything is possible. So meaningful dreams sometimes appear.

The Value of Dream Analysis

So analysis of these dreams can be useful. Even the ordinary dream states are like a microscope that goes deep into the local memory. You can find out what is inside this local memory by careful study of ordinary dream states.

Why is it important? Because for an ordinary person, their memory is them. "Who are you?" An ordinary person will say, "I am a sum total of what is stored in my memory. Remove the memory, I am not there; I am not the same person."

Usually the contents of the local memory are not so obvious. They are not perceived in the day-to-day struggle of survival. We ignore them. We do not know what is driving this life. What is driving this life? That which is stored in the local memory: impressions. The activity of the memory is your life, nothing else. So if you know that, probably you will know more about yourself and your life. Probably you will be able to give direction to your life.

As I said, all these activities, all these states, they are happening simultaneously. All these ordinary dream states, they are happening right now also. In the waking state, so-called waking state, it is a kind of dream where the attention is stuck right now. But in the

background, the local memory is still active. It is still producing the dream states. However, it is below our perception, below the threshold of perception.

The daydreams, the random dreams, the play of fears and desires, and so on, are happening right now. Because all of our attention is on physical senses, physical world, physical body, it is not known in the waking state. We do not know what is happening in the local memory. It never stops. Sometimes the activity of the local memory that is happening deep inside can resurface.

Why Do We Dream?

Some people ask this question: "Why do we dream? What is the use of it? What is the survival advantage? Why is it there?"

And the answer is really simple. Remember, the local memory is not static. It is not inactive, dead information. Local memory is a pattern of vibrations, if you recall the definitions. Vibrations are always in motion. They are always full of energy. These patterns, whatever is stored in the local memory, is always rippling throughout the memory. Sometimes one or two of these ripples accumulate energy. They become powerful, and they appear as desires, daydreams, and so on.

And when there is less pressure of survival, when you are not busy with the world, the attention drifts into those areas of local memory which have more energy at that time. In the terminology of occult, the patterns that gather more power, more energy, appear as dreams. The attention drifts there, producing an experience.

Although it is very faint, shadowy, muddy, low resolution, still something can be known about the contents of the local memory. So it is not a mystery now. You know why there are dreams. You know all the kinds of ordinary dream states.

But sometimes these ordinary dreams can turn into lifelike experiences, about which we are going to talk in the next part of this series.

Thank you for listening to Pure Experiences.

Chapter 03

States of Memory : Lucid Dream States

Welcome to Pure Experiences. This is a series on states of the memory.

In the last episode, we discussed the ordinary dream states, and we'll continue today with another subcategory of states of the memory, and it's called lucid dream states, short LDS.

So, like the name suggests, this is a slightly more vivid version of ordinary dream states, ODS, and it is sometimes called an aware dream because of the presence of a good amount of awareness in this state. And obviously, this is a very popular state of the mind or the memory among occult practitioners. There are hundreds of books and a large amount of literature and content available on lucid dream states.

So, we are not going to go into that much detail and will simply use our framework, which we have developed, to describe this kind of state. But yes, this is a well-researched area, and that is because it is within reach of an ordinary seeker. You don't need special powers or very long training or theoretical knowledge like this one to achieve this kind of state. Just like ODS does not need anything at all—no special talent is required to dream at night—LDS requires a little bit of training, still not much. Even a child can do it.

So, those who want to experience LDS directly, they can try simple techniques, and most of the time it is successful. Yes, it won't be consistent. It is one thing to achieve LDS, and it is totally a different game to become a master of it, to achieve these states consistently on demand.

So, all these techniques are publicly available on the internet, in books, videos, etc. And I have made my own version of techniques, which is available in a series of videos called Experiments on the States of Memory.

You will find the links to all these useful serieses that I keep mentioning in the description of the video on YouTube, like the Vibronics series, Laws of the Memory, and this one, which is relevant here: Experiments on the States of Memory. It will give you some very simple experiments that anybody can do, and they're not risky or dangerous at all. It is just a dream.

Parameters of LDS

So, we'll use our parameters to describe LDS. Probably many people already know what this is.

So, as usual, any experience comes from a specific area of the non-physical, non-mental memory. And the memory area involved in LDS is, again, the local memory of the layered structure, just like in case of ODS, but sometimes it bleeds into other areas.

It is possible to do that intentionally. It is possible to travel into an area outside of the local memory in this LDS case, and that makes it very interesting and appealing. Now you can see why occult practitioners are crazy after this state. It is very useful.

So, it can bleed into higher areas of the causal memory, and sometimes it will bleed into the causal family and greater memory—very rarely, but there is a possibility. Sometimes the elements from these areas encroach into LDS, which is mostly composed of elements from local memory.

So, as you know, the contents of the local memory are simply impressions gathered from some other state. And in the case of human beings, it is the waking state. So, we always, or most of the time, we talk about the dream state in relation to the local memory with reference to the waking state, because that's what we know. But it is possible to have impressions from other states of the memory in the local memory, as and when this layered structure gains more experience. A layered structure can be called a human being, but the layered structure is a general name. It can be any structure. But since we know this human structure, sometimes, or most of the time, we use human beings as an example.

So, LDS consists of a person's experiences gathered in the waking state. You can say things like this in a very rough language or common language. It's easy to understand. The only difference with respect to the ODS is more fidelity, higher resolution, and so on. They're more vivid. Otherwise, it is ODS essentially.

Subjectivity and Objectivity

So, the first parameter to describe LDS is subjectivity, and the subjectivity is very high, which means you cannot share this state with anybody else because of it being an activity of the local memory. The local memory is protected, guarded, and has a boundary.

Objectivity is low, but not zero, because sometimes characters will appear in LDS, and they will provide some hints of objectivity or consensus. Objectivity is nothing but consensus.

Everybody probably already knows this. Objectivity does not mean that objects are true. It simply means that there is a consensus among subjects about what they are observing. That's what objectivity is. So, it is low, it is not zero. Mostly it is not found.

Consistency, Impression, and Awareness

Consistency is medium, and that means it is not a rollercoaster random ride like ODS. There can be some meaning. The images, the situations, the events make a little bit of sense, not much, but more than ODS.

And the next parameter is impression, which means this state is impressed on the local memory with a more or less medium strength. In ordinary words, you can say these states can be recalled better than ODS. It makes an impression on the memory. You can remember it a lot better, but probably less than the waking state events.

Then this state also has a medium awareness, not low awareness like in ODS. This is the hallmark of LDS, actually. The word "lucid" actually means aware. You can also say that the dream character is more conscious, knows more about what is going on, but it is medium because there is still a dream-like appearance.

The dreamer knows that it is a dream, but it will look like a dream. It won't become a lifelike experience. Sometimes it can.

Whenever we use these words, they are very general. When I say medium awareness, that means sometimes it will drift into somewhere higher on the scale, and sometimes it will fall down into ODS kind of awareness. So, when we say medium, it means we are talking about the majority of cases of LDS. The majority of these cases will report a good amount of awareness, but not a very high amount. When the awareness goes beyond a certain quantity on the scale, that LDS turns into some other state. This is very interesting.

Control, Senses, and Novelty

There is a little bit of control on LDS, and that is why it is popular among occult practitioners and even many psychiatrists, psychologists, and scientists. Because it provides control, something can be done there. There is a fair amount of control on what can appear, and especially what can disappear. If you don't like something, you can cancel it. You can change it.

There is some power or ability to modify the contents of the dream in LDS, which is usually not present in ODS. The dreamer, or the subject, feels an agency. They will say, "I was able to do that." They can do something there using their willpower.

And there is more control over movements. The way the dream body moves in LDS can be controlled a little bit, but not much. And there is a little bit of control over speech and communication. If you want to say something in LDS, yes, it is possible to say exactly that.

And there are some more senses in LDS that are usually not available in ODS. A very interesting sense that appears in LDS is a sense of depth. The scene acquires a 3D form. You can see the depth in the pictures, which means you can tell which object is near to me and which is further away. You can move in the scene like a computer game, 3D game.

There are more senses, which means there can be a clear sound. You can hear voices clearly or you can hear music clearly, plus sometimes touch or taste can appear.

When we say more senses, it means both the number of senses and the intensity of sensation, quality of sensation also.

And the next parameter is novelty, which means can something new appear in LDS? The answer is yes, sometimes. Surprising events can happen, but they are mostly combinations, permutations of whatever we already know in the waking state, because the LDS is coming from the local memory, which has impressions from the waking state. Still, something new can appear there, which can surprise the dreamer, or the one in this state. And this can happen when the attention drifts into other areas outside the local memory sometimes. It crosses the border sometimes, and now something new can be seen which was never seen in waking state, which was never seen by anybody else.

Sometimes it becomes difficult to comprehend or understand what I am looking at, because it's totally new. And yes, if it is too new, it does not match with the format of the local memory, then it is discarded as meaningless noise, or something strange. "Something strange appeared," the person will say, "but I don't know what it was."

But usually there are the same dream elements: houses, roads, cars, people, animals, mountains, rivers, and so on. The novelty comes in actions sometimes. A very well-known event that can happen in LDS, which does not happen in most of many other states, is flying.

When somebody achieves LDS, the first thing they do is start flying, because it is possible. And you need to simply suggest to that person that it is possible, and they will try it and it will happen. Probably it won't happen if there is a belief that I'm bound to the ground, and then they will never try it.

Another novelty can happen, which is very common, is the ability to stay in the water, submerged in the water, while not needing to breathe. You can see underwater very clearly. And people have done a lot of experimentation in LDS, and they report amazing kinds of experiences.

But yes, the biggest use of LDS is obviously fulfillment of desires, because it is very lucid, and if it can be controlled a little bit, you can make anything appear through your intention in this state. Yes, it won't last, and it won't be that stable, but it is mesmerizing. It is a novel experience, which is impossible to get in ODS or waking state, for example. That is probably the main application of LDS. And yes, no issue actually, no issue, because it is coming from local memory.

There is hardly any consequence, unless you go mad, crazy, and start burning and destroying things. I don't think there will be any big consequences.

Consequences and Precautions

So, let us add another parameter in our list, because now it has become important. And we'll call the consequences as low. There are less consequences of actions performed in LDS.

And those who are wondering about ODS, yes, there are probably zero consequences in ODS.

The law of action and consequence, cause and effect, is the universal law of the memory, and it is omnipresent. It is applicable in every state of the memory. But it will start appearing, manifesting, starting from LDS. In many states of the memory, it becomes really heavy and important. You cannot ignore it. Here in LDS, you can ignore it somewhat.

However, a precaution that is suggested by many masters is: do not cause any destruction there, because you don't know what you are dealing with, what structures are you dealing with in the local memory. Because many people say it is my memory, you need to take care of your memory. Do not destroy things there, although, usually, it is very safe. Nothing really gets destroyed, because these are only pictures. Still, there can be some consequences. We'll discuss that a little bit more.

The Triad in LDS: World, Body, and Mind

So, the experience consists of our familiar three kinds: world, body, and mind. And the world is a copy of another world—in case of human beings, the waking state. But sometimes

there is novelty. Sometimes there are elements in the world that are impossible to see in the waking state. Sometimes there are modifications of elements which are found in the waking state. For example, you can get an ant that is as big as an elephant. It is possible.

So, you can call them novel or new, but they are modifications of what is already present in the local memory.

The body is seen clearly in LDS, specially hands and feet, and so on, but it is usually a copy of another body, the body that we see in the waking state mostly. Plus there can be modifications. It can be taller, shorter, younger, older, whatever you want. There is a little bit of control over that. So, not only is there control over the objects or the elements that appear in LDS, but you can control the body, appearance of the body.

The mind is simply a copy of another mind, such as the waking state mind. There is an ego. It is possible to recall exactly the memories that anybody can call as mind. "I can recall my memories, which are formed in the waking state." They're exactly the same. This is because of awareness. If there is more awareness, you can recall more of the waking state memories. If there is less awareness, there is a little bit of forgetting.

Memory Bridges

And if memories from one state can be recalled in another state, we call this a memory bridge.

So, LDS is the first kind of state where memory bridges are possible. And it is very useful. That gives you a lot of control, but it is also somewhat limiting, because if you remember that you are a man in the waking state, mostly that body will become a man's body, and there will be some hesitation to change it into, let us say, a woman's body or animal's body because of this memory bridge. It will dictate the actions sometimes. But still, those who experiment a lot, they can override these old beliefs and produce novelty, new experiences. And new ways to fulfill desires are unlocked.

You can guess now, it is a very powerful experience. Lucid dream states are borderline magical. Everybody should try it. All spiritual seekers should try to get a taste of it.

One advantage of LDS is that it breaks the belief that the only possible state is the waking state, or whatever is called the physical world, physical body, and all. LDS simply demolishes that kind of blind belief. And therefore, many masters recommend it. Since it is safer and easier to achieve, many masters are in favor of LDS. And yes, I also recommend it. It's very good experience.

Kinds of Lucid Dream States

We can discuss some kinds of LDS, although there can be many kinds. You must have guessed, probably there is no limit on what kind of experience there can be. The only limit is the contents of the local memory, what is stored there. But still, infinite combinations are possible.

Anyway, we are going to divide it into different kinds for the purpose of study.

Spontaneous LDS

And the first kind that is listed here is spontaneous LDS, which simply means it happens spontaneously, automatically, without any techniques, without trying, and sometimes without even knowing about LDS.

For example, right now you know that there is such a state. You heard it from me. You will get this desire to try this kind of state. You will want this state. And because of this desire, sometimes this state happens. It appears. But even without knowing that there is such a state, very naturally, some people can experience LDS or a lucid dream or an aware dream, without any prior knowledge that this kind of state exists. And why is that? Because it is very natural. It is simply a dream, like a night dream, with some special qualities in it, like awareness and control. It is very natural and happens spontaneously in some cases, not always.

And people are surprised that this kind of dream can happen. They tell it to everybody, and they discuss it with other people, and some people they blindly believe that this was a special event. Yes, it is special, but it is not rare. It can happen to anybody. It is very natural. Yes, most of the people, they don't know about this state, and they never try it, even if somebody tells them. There is no interest in them. And some people do not believe it because of too much influence of materialistic ideas, and the mind then agrees and stops, blocking these kinds of experiences.

So, an open mind and a spirit of discovery is necessary if you want to experience anything. That is true for all spiritual pursuits. Close-mindedness is the cause of failure, and the failure then reinforces the old belief that these things are not possible, these experiences are not possible. "These other people that are talking about these states, they're crazy, they're deluded. They have mental issues," like this they will say, those who fail to get this experience. And they are right in their own way, because they never experienced it, so there is no point in believing that there is such a state.

The Importance of Direct Experience

But remember, we are just starting into the dream states. This is only the second subcategory. There is much weird stuff in higher memory areas, which is even less common, and it will become more and more difficult to believe whatever I'm going to tell you. So, that's why everybody should decide the truth of these descriptions of states of the memory—you can call them mental states—via direct experience only.

There is no other evidence that is possible here, except direct experience, and whatever is told is simply a story. They're pointers. You need to explore, find out if there is any LDS or not. And this is all subjective, just like any spiritual practice—100% subjective. If you don't experience, well, even after trying for a long time, then there is no LDS. Enjoy your life. No need to go crazy about these things. But if you're talented, LDS can happen spontaneously for you.

Induced Lucid Dreams

And if you are a seeker, there are ways to induce it. That is the second kind of LDS. You can call it an induced lucid dream.

There are many ways to induce it. Some people are really good at it. They can induce it every day, every night, if they want. And some people struggle with it. But the good news is, if you try to induce it, the chances of spontaneous LDS rise up. There is more probability of spontaneous LDS. If you try to induce it, even if you fail, no problem. This is specifically recommended for all those seekers who are very new and they're dabbling in ODS. They're trying to find something in ODS, which is not worthwhile according to me. Do some effort, progress further, and try to induce LDS. There's no harm.

But if you keep trying at the lower states, which are not so lucid, you are simply wasting your time. Try something higher.

So, as I said, a lot of content is available: books, videos, websites, forums, groups, where you can learn techniques to induce LDS. There are even people who teach these techniques face-to-face. You can join their retreat or whatever they call it, of course. They will teach you how to do it. So, there is no shortage, if you are a seeker, there is no shortage of help.

And yes, those who are interested, I compiled a few techniques in this series of videos on Experiments on States of Memory.

Some of the seekers may find my language very difficult to understand. It is cryptic. It is heavy with all these big words. So, nothing to worry about. These techniques are avail-

available for all kinds of seekers. Simplest descriptions are available. So, I'll refer you to those, and I'm not going to give you all the techniques here. This subject is too detailed. We are simply trying to learn the states of the memory, that's all. The exact practice is a separate subject.

But the good news is it is not very difficult. It is easy. Even a child can do it. Yes, you need a little bit of motivation, you need a natural ability to be aware. If you're aware of the waking state or any other state of the mind, it will become easier to get the LDS.

Uncontrolled vs. Controlled LDS

The next kind is uncontrolled, which is a little bit strange, because awareness means there must be some kind of control, but sometimes there is not. But the dreamer is completely aware. They cannot manipulate the dream contents, but there is a memory bridge. And usually, the expression is like this: "Look at this thing. This is a dream! I know it is not the waking state. I know this is a dream." And the dream flows automatically, without any control. And this can happen to those who are new in this field. Probably nobody told them that you can control. There are ways to control the dream. They did not learn it, and they did not attempt it. And so, the dream is just like ODS with added awareness and memory bridge.

But, obviously, the best kind of LDS is controlled state. And here, probably, the practitioner is more experienced. They have tasted LDS many times, and now they are experimenting with control.

And just like I said, the control comes in many forms. One form of the control is ability to make anything appear, whatever you can imagine, possibly; ability to modify the contents of whatever is already appearing; ability to navigate the scene; ability to cancel it, destroy it, make it disappear, if it is becoming uncontrolled or negative; ability to make it more lucid, to bring more awareness, more control, more senses. It is possible. That kind of control is also possible. And yes, a control is possible with respect to the body, what kind of body that practitioner or seeker desires.

And all these controls depend on how much control you have on your own thoughts and awareness, because whatever you think will appear there. Of course, whatever you are not thinking can also appear. And this is a kind of experiment in LDS, that let me think of something, whether it appears or not, and most of the time it appears, if you really believe it, which means there is a powerful intention. Remember, intention is a power. Intention is your power.

There is another kind of control that is possible, and that is the ability to extend the duration of LDS. In uncontrolled LDS, many must have seen that it ends very quickly, specially when you become lucid, when you become aware. You are shocked that this is happening, "I'm in a dream," and that shock ends LDS. The person returns to the waking state. The state is lost. With more practice, it is possible to avoid this kind of shock, and it becomes normal, and then it is possible to extend the duration of LDS—probably not too much, a few minutes. A few minutes is enough to get the adventure of a lifetime. You don't need hours-long dreams, although it is also possible.

Sometimes the dream will last for a few minutes and it will look like it is many hours long, sometimes many days long or years long. As I said, it will become really difficult to believe all these things as we progress further in our descriptions of states.

Why is that? Why is there a time distortion? And the answer is very simple: time is created by the flow of events. It is an illusion. So, any kind of illusion can be created. That is also one dimension of control that you can experiment with: how much time can you create in LDS? It's possible. In the waking state, you will see that only a few minutes have passed, but in the LDS, many hours or even days can pass. That much control is possible, although it will require long-term practice. It takes time to control time.

Applications: Desire Fulfillment and Overcoming Fear

But it has obvious advantages. And yes, the most obvious advantage of gaining control, especially using tricks and techniques to get the dream under control, is desire fulfillment. You can fulfill your desires.

Sometimes it is called the desire world in old scriptures, old books, because it is easy to fulfill your desires. They will simply appear. With a little bit of control, a little bit of summoning of senses, you can get any experience you want. Because what is desire fulfillment? It is simply going through an experience. That's all it is. You can think about it.

If you have a desire to eat something, it simply means having that experience of eating, sensing it, and it is now easy, easy in LDS. You can summon it, summon whatever you want. So, many must have guessed that the suppressed desires are the first to be expressed in lucid dreams, and the biggest demand comes from sexual desires. Probably this is a good motivator for many seekers, because most of the seekers face this issue of suppression of sexual desires in their waking state because of the way our society works and difficulties in the real world, whatever you call real world. And these can be bypassed completely in LDS.

And many people will ask, "How is the experience?" And my answer is, "Find out. Who is stopping you? There are no consequences there."

However, more serious applications are possible, like fighting your fears, getting your fears under control. In the last episode, we discussed this kind of ODS where fears play out. If you gain some awareness and control and turn it into LDS, you can overcome that fear by simply destroying whatever is troubling you. Simply get rid of it. Cancel it. Turn it into some cartoon or fairy tale, or whatever you want, you see. Turn your enemies into puppets and become Batman and beat them up. Who is stopping you? So, the fear becomes a joke in LDS. This is a very good application.

That depression in the memory, or that attractor in the memory, can be completely destroyed by LDS. So, there is our therapeutic use, or you can say psychiatric use. Yes, LDS is a fun-filled La La Land. It's possible, but some serious applications are possible. So, probably you will not get rid of all the desires and all the fears, but you can reduce it by a major amount. Anyway, you can enjoy all these things. That is a good application in itself.

Advanced Experiments: Connecting with Other Entities

Probably there are more applications. You can experiment by bringing people into your dreams and talking to them, seeing their reactions, and so on. These experiments are somewhat advanced, because when you bring a person whom you know in the waking state—it is a real person, you can assume like that—you are actually connecting to the causal body of that person. Remember, you are not connecting to the person or the body-mind that appears in the waking state. That will be beyond our syllabus right now. Because there can be overlap with other memory areas, the overlap can extend into the causal body of another person. It is possible. It is possible right in LDS. You don't need a major tantric power to do that. How is that possible? Through intention, obviously. Intention is power. Intention is your power.

So, you can summon a person in LDS. I don't know whether I'm allowed to disclose all these secrets, but there is your secret. The only thing is you should not meddle with these people, because you are messing with their causal body. That impression will be transferred to their causal body, and probably that's why these things are not taught. These are experiments of an advanced kind. When they come under controlled LDS, you are controlling something.

So, if the person is there, you can check how they behave when you say something. You can predict what can happen in your waking state. And yes, you can implant some ideas in their mind. They will be implanted directly in the causal body, so you should be careful. That will

remind you of this movie called Inception. There was a little bit of introduction to this idea in that movie.

So, I'm not telling you anything which is not already public, but I'm not going to tell you things that are somewhat dangerous.

Of course, you can control more things. You can think about it, discover, explore. Some of these experiments can fall into the category of black magic or higher magic, or whatever you call it, and these are not recommended.

The question here is, how will I come to know that I've accessed other me- memory areas, it's not my local memory? And that will become clear when we discuss the projected states. There is an apparent loss of control when you are accessing other memory areas, because it is no more your memory. Remember, local memory means my memory, which I call my memory in waking state. It is the area in the layered structure which is right now appearing as a body-mind creature in some other world.

Messages, Masters, and Deities

So, anyway, we move on to the next kind, which is an LDS where messages are received. So, just like you can access the memory of somebody else, which is another layered structure, somebody else can access your local memory. This is very natural.

That will again come under the category of memory bridges. Somebody else reaches into your local memory and implants a message, and that can manifest as somebody appearing in your LDS and telling you something. It is somewhat similar to the messages in ODS, which we already discussed in the last part, but here the lucidity is high, awareness is high, and the messages are more meaningful. It has more spiritual significance. The messages can be from other seekers or from those with whom you are tied in the current incarnation. The karmic bonds manifest as messages sometimes. These people will appear and tell you something. It can be highly subjective. I'm not even going to guess. Or, most importantly, your guru or your master can appear to teach you something. Usually, it is like this: "Look, you never believed me. This is a dream, isn't it? Does it look real?" And you will say, "Yes, sir." "Yes, everything is like this. Everything is a dream." And the master will disappear.

They take advantage of this opportunity to teach you something. But yes, you can pray to a master to appear there. I cannot call it summoning. You can say, "I can summon my master," but that does not sound very polite. So, you can pray that, "I am in a lucid dream state.

Please come and teach me. Do you have any messages?" Probably you will get some message, which will be much more meaningful than ODS kind of dreams.

So, these messages can take the form of premonitions or predictions of the future, or you can witness events of the past, or sometimes they are messages from your own causal body that leak through LDS.

So, this subject is very wide, and it is possible to write a few books only on LDS. People have already done that, so I'm not going to trouble you with all the details. Anybody who is interested, simply search "lucid dream" or "aware dream", "dream yoga", "dream experiences". You will get hundreds of books. It is not a secret knowledge.

So, not only are they useful for fun and desire fulfillment, you can learn something there. And yes, if you are a religious type or you are really into a dependent kind of occult, some deities also can appear in LDS. You can pray to them, or you can summon them, whatever matches your tradition. Use the technique. Your tradition will teach you the technique, and probably they will give you a password to meet that deity. That password is called a mantra. It is usually some kind of prayer which is kept secret, because we don't want everybody to trouble that deity. So, only special seekers are given this password. You say it, you meet your deity, and do whatever you want, you know, ask whatever you want to ask, or demand whatever whatever your demands and desires are. It is possible.

Remember, this is a dream, but a seeker will not call it a dream. It is true for them. They were waiting for this opportunity. So, never tell any seeker that, "You were dreaming." They don't like it. We sugarcoat it in spiritual terminology, and we say, "You had a darshan. You had the glimpse," and so on, you see, which is good.

So, that is a kind of LDS in itself where you are meeting entities, and these entities may not be human beings from your local memory. Because what is there in your local memory? Mostly there are human beings that are your relatives, friends, or colleagues, and so on, you see, teachers, gurus. There is a very small circle of people in your local memory. But sometimes, as I said, other entities appear in LDS, which leave you speechless. You cannot comprehend, "How come I met this person in my dream? It was very lively, very vivid. He or she was talking as vividly as a real person." But yes, there may not be any message. You may not recognize that entity. You may not recognize the language also, because there is too much novelty there and it will be a short experience. But yes, you can try summoning entities.

Warnings and Precautions

And now comes the warnings. Remember, you are summoning things into your local memory. You are allowing something else in the universal memory to form a bridge into your local memory. Always remember these words, that this can be harmful.

You have opened the gate. You have opened the door. And if you are not a professional seeker, which means an advanced tantric, you can get some consequences there. That door which was opened in what you thought was simply a dream can become a problem. Anything can come in now.

Now it is no more simply an issue of messages or encounters. If that happens many times, it can become a permanent connection. Something has connected directly to your local memory. So, it is recommended that if you do advanced kinds of experiments in LDS, just do this shielding ritual first. What is that? Now you need to become serious. You need to approach a master, a tantric, learn the shielding and all these things, which I'm just telling in a very light-hearted, fun-filled, entertainment-only thing. I'm not going to teach you.

Do not think that, "I heard these sentences, now I know everything about LDS." No, it is just a childish introduction to LDS. It is a big subject.

Conclusion

So, there can be more kinds, I just like I said. But my knowledge is also limited, and I'm also not allowed to tell you more. But there are books that will tell you more. I can tell you that your waking state is almost as good as LDS. For many people, the waking state is like an ODS, but for probably a seeker, the waking state resembles LDS. That is because of less awareness.

So, you can practice awareness. Bring your awareness practice into dream states by using all these techniques. Learn the techniques, use them carefully, listen to the warnings, do not disobey your master. You can end up in big trouble. And if somebody ends up in trouble, faces all these issues, usually there is no cure for that, because these things are not well-developed. There is no pill for all these issues that can happen in non-physical areas. Totally depends on the power of the seeker.

If you are easily afraid, if you have any impurities, if you have any psychological issues, and so on, do not try all these things. First, fix yourself. Fix the local memory. So, only healthy people, body-mind, healthy body-mind, should attempt all these advanced experiments. But yes, anybody can do a small experiment of LDS.

It is a good area to practice your awareness and get a good glimpse of the illusion, maya. You will see the illusion like never before, and any traces of doubts that all experiences are illusions, will be removed. Just one LDS event is enough. You don't need to do it forever.

So, we'll go into stranger and more advanced states of memories in our coming episodes. Thank you for listening to Pure Experiences.

Chapter 04

States of the Memory: Projected Dream State

Welcome to Pure Experiences. This is a series on States of the Memory. We'll continue exploring the states, and today we'll discuss a major state, a very important state, which is called the Projected Dream State, in short PDS, or you can simply call it projection.

Why is it called projection? It has some historical or traditional reasons, but this name simply says that this kind of experience happens from a base state, also called the home state, where the attention normally resides. That we'll call the base state or home, home state. And it is seen that the attention moves out of this state and produces a different kind of experience.

In poetic words, you can say that now a new picture is projected on the screen of the observer instead of the base state. Or you can say that the observer is now transferred into another world. The observer is projected into another kind of experience, which is the traditional definition of projection.

But according to our theory, it is simply a shifting of attention from the base state, and you can call it projection of attention. Project means something which comes out. The opposite word is inject, which means something which goes in. So here, the attention comes out of the base state or home state. At least that is my interpretation, but there can be more interpretations of this word "projection." We have used it as it is from the occult traditions.

Now it is possible to say that the ODS and LDS are projections into the local memory. The attention projects into the local memory in these two cases. There is no issue calling it a projection; it is a minor technical detail only. Depends on how much confusion it causes. Because some people will say that it is not projection, it is injection; you are still inside the local memory. Whatever is called "you," usually it is the layered structure or the creature, body-mind, human being in its base state. So it has not left the home. But yes, there is a slight shift of attention.

Another major difference is that in order to enter ODS or LDS, usually the practitioner goes through a state of sleep. The body must enter the circadian state of sleep; otherwise it won't be called this kind of dream, night dream or ordinary dream. So totally depends on

how you define everything, and these definitions are simply for the purpose of understanding. They are simply various kinds of experiences of memory areas.

Depends on a person. If they feel that yes, the ODS, LDS, they are also projections, it does not matter. The base state is left, and then it's okay. If you want to treat them differently, you want to call them injection, no problem. Then the projected dream state excludes these two, which are limited to the local memory, and the proper projected state is now that which happens in the greater memory or other areas of the universal memory. So distance from the local memory is the parameter here.

Movements of Attention: Exclusive and Inclusive

So anyway, there can be two kinds of movements of attention, two kinds of projections:

1. One is exclusive attention, which means the attention completely leaves the base state. There is no experience of it, and there is no memory of it, no knowledge of it. And the whole attention is then engaged in the projected state. It projects out completely.
2. And the second is inclusive attention, where there is a perception of the home state or base state plus the projected state. It can flicker a little bit, but both experiences seem to happen at the same time. The base state is not completely left, still the attention can be projected. I'm calling it inclusive attention because it includes the base state. It is like dreaming while being awake.

So usually, the base state for a human being is our waking state in the physical world. That is our home right now. And the projected state can be anything at all. It can be thousands of kinds of experiences. So there are so many kinds now that it will be difficult for me to cover everything, but still we'll try to include the most important kinds of projections.

It is also called projection of the astral body, projection of the light body, projection of the subtle body, higher body, out of body, and there are many names in different languages. And depending on where that attention is projected, the names of the bodies, they keep changing. For example: physical body, etheric body, pranic body, astral body, mental body, buddhic body—these all names come from various traditions. But it simply means that there is now a different kind of projection. They are trying to classify projected dream states depending on the kinds of bodies that can appear there.

So that is a very good way, but we are not going to do that. We'll follow our own system, and you will find that it matches with the traditional descriptions. Those who are already familiar with this topic will not feel anything out of place.

So, PDS happens mostly in the greater memory, the causal memory, and some more areas which fall in various kinds of memories, including local memory. So it covers a wide area, and sometimes it can bleed into the universal memory beyond the greater memory. What is the difference? We'll find out.

Some masters have called all these memory areas by various names, and traditionally they are called *Lokas*, locations, realms, dimensions, planes, and focus areas. There are numbered focuses. It really does not matter; only the names are different. But usually, something is called a higher projection when it is further away from the layered structure. It will be called a lower projection if it is nearer to the layered structure in the memory area.

These are simply figures of speech just to understand what is going on. There is no area in memory. There is no distance in memory. Nothing is further, nothing is nearer. Nothing is higher, nothing is lower. And we should keep this in mind and use all these concepts to understand our experience. Do not assume that there is a distance, there is time, and there is higher and lower. No, these are simply ways to describe experiences, and so they will be secondary, should not be called truth. No master will argue about names, so it does not matter. Whatever you want, you can call them.

So, it covers a huge area, which means there is a possibility of further division, and we'll do it if needed. So according to me, the only exception of areas that I'm not covering in PDS is most of the causal memory, higher areas of greater memory, and universal memory. We are going to call them higher dream states because of the completely different nature of the experience. But yes, like always, anybody can argue that they are also projected states, they are just higher projections, higher focus areas, higher bodies. And yes, it is like this. These distinctions are simply to understand, divide and understand. You can divide in any way.

Parameters of the Projected Dream State

So we'll continue with other parameters.

Subjectivity and Objectivity

The next one is subjectivity, and now it becomes really difficult to assign a specific subjectivity to these experiences because the range is so wide. So from totally subjective to totally objective, this is the range. So we say that the subjectivity depends on in which area of the greater memory you are projecting. By the way, it is also called travel. It depends on where you are traveling in the memory. Otherwise, that parameter is now meaningless.

Same for objectivity; totally depends on what kind of projected experience it is. And sometimes both subjectivity and objectivity is present. A good example is the waking state, which is a kind of PDS where a lot of our experience is objective, shared, consensus, and a lot of it is subjective, not shared, private, personal. And since everything is subjective in the end, this division becomes meaningless. So we find out the subjectivity and objectivity depending on the memory area, if at all it is important. It is not important mostly from here onwards.

Consistency

The next parameter is consistency. And the PDS significantly differs from ODS, LDS, etcetera, in this parameter where the consistency is very high. This parameter is used to find out whether it was an LDS or a PDS. These kinds of doubts are always present among those who are new in this field, those who are practicing. So if the consistency is high, there is no doubt that it is PDS. It is unlike a dream which happens in an ordinary situation, which is ODS or LDS.

The consistency is so much that you can achieve the same experience again and again with breaks. You project into some area, come back to the base state, spend some time there, then go back to the same area, you will find the experience is the same. The elements in the dreams did not change; they are the same. So if the experience is like this and it repeats consistently, then there is no doubt that it is a projected state.

Impression and Awareness

The next parameter is impression, which means how strongly this experience is impressed in the local memory. And there should not be any doubt here: otherworldly experiences, you cannot miss them, and so they are remembered, they're memorized strongly. There is a deep impression of these states. They are considered very important in occult.

This parameter also tells us whether it was PDS or not. If you remember each and every detail, yes, surely it was PDS. If you forget quickly or the memory is fuzzy, it was not. Anyway, it totally depends on the memory bridges, but the memory bridge is easy to form in PDS because of high awareness. Memory bridge depends on the amount of awareness, how aware the practitioner is. And if there is more awareness, there is a greater chance of arriving in PDS. This is another sign that you are in PDS because there will be a high amount of awareness.

Awareness here simply means that there is a complete recollection of your history, personality, what you are in the base state, where are you coming from, and you know what

is going on. There is memory, there is knowledge. This is the usual meaning of awareness, and people call it lucidity also, and some people can call it consciousness, amount of consciousness. And from the perspective of path of knowledge, this word awareness includes knowledge of my true nature and that the projected state is an illusion that is happening. So that really shoots up the awareness very high. And if the awareness is very high, you get a lot of control.

Control

But I'm assigning a medium value to this parameter of control because sometimes it cannot be controlled. It takes a lot of practice to achieve some kind of control in PDS. So I cannot say that you are in full control, but there is a medium. It is as good as LDS, or probably better.

And the control defines which memory area you are in, ability to shift between memory areas, to teleport, the ability to come back to the base state, and yes, ability to make things appear, disappear, and assume bodies, and so on. Sometimes it is possible, sometimes not, depending on the area. And we'll discuss some examples where it is possible, where it is not.

Senses

The next parameter is the senses, and the characteristic of this state is that there are many senses here. Not only you'll find your usual five senses, there can be 20, 30, 40 senses, and whatever sense is needed appears. New senses appear on demand.

So these senses include the so-called clairsenses: clairvoyance, clairaudience, telepathy, and so on, you see, there are many. So not only do you get your usual human senses, sometimes you get the non-human senses, superhuman senses are possible. Now you can guess why this is the most important dream state for any practitioner. A lot of knowledge is possible here. It is a treasure of knowledge because of so many senses.

Yes, the control over the senses comes with practice and will take a very long-term practice, usually many lifetimes, but depends on the talent of the practitioner. Some people achieve it quickly. A lot of senses means there will be a variety of experiences, uncountable kinds of experiences are possible now. And so the amount of novelty is very high. You will get new experiences which you cannot even imagine, those kinds of experiences.

Consequences of Action

PDS has more than the normal amount of consequences of actions. Depending on the area of the memory, there can be heavy consequences of the actions, and therefore it is more risky. Any wrong action can backfire. Sometimes the fruits are immediate; sometimes they take a long time, many lifetimes; sometimes it is not possible to know what happened. And therefore, to avoid all these consequences and confusion of new senses and novelty, there is a gradual path that is recommended. And yes, the master will teach it.

To avoid all kinds of unusual consequences, there will be a very detailed set of practices, including protection practices, defense practices, secrecy practices, and many more. In this series, we are not discussing practices, but they are mentioned openly in many books. They are taught to ordinary students, but not everything is taught. So I'll mention if something is risky and something can bring undesired consequences while we explore this state.

Worlds, Bodies, and the Mind in PDS

The PDS experience consists of a world, which can be a completely different world from the base world, or it can be a copy of another world. It is possible. Or sometimes it is a new world which looks like a copy, because of the tendency in universal memory to create copies and copies of something. Once a structure is formed, it gets copied almost infinite times. So it does not really matter if it is new or a copy. The new world is a world whose copy you could not encounter before; that's all the new world is. And once you encounter a new world, you can project into a copy easily.

So how many worlds are possible? And the answer is infinite, which essentially means that they will be mostly similar to each other. And yes, all will obey the laws of the memory without fail. It doesn't matter how strange that world is. But the worlds differ in their own organization and structure, which produce world-specific rules. These will be called rule-bound worlds, or rule-bound areas in the greater memory.

So you can either end up in a rule-bound world, or you can end up in an open-for-all, no-rule world. And the number of worlds without rules is probably much greater than the worlds that have organized nicely into rule-bound areas. But we don't know, because they are infinite, so it is simply a matter of probability.

Similarly, a body can be a new body or copy of a body which the practitioner has previously experienced. The most common form will be the body in the base state or home state, such as a human body for a human being. The body will look like a copy of this body, including

facial features and gender, and so on, age, size. But that is easily discarded in favor of other unlimited kinds of bodies that are possible.

And yes, the bodies depend on the worlds. If it is non-rule-bound, then there is no limit on the variety of bodies, but if it is rule-bound, the body must obey rules of that world. The body will conform to the structure of the world; otherwise it's not possible for that body to exist there.

Still, some kind of experience is possible without a body of rule-bound or non-rule-bound worlds, and that will be called disembodied experience. So a skilled practitioner, experienced practitioner, will take up a body or remain without a body depending on the application, depending on the need. So usually it is not needed actually, unless you want to completely immerse into that experience. Because the body will limit the experience to only that area, and it takes a lot of skill and practice to assume a body or to create a body. It is easy to be disembodied, it requires no effort, and is the preferred way most of the time. It is a child's play.

Now, the experience of the mind is a tricky thing. It will be subjective, but there can be a copy of a mind which is found in the base state: same ego, same memories, same personality. They can project with the attention into the new area. That is when the memory bridge is formed. When the memory bridge exists between the base state and the projected state, you will get a copy of the mind. You will get all the memories that were in the previous state, base state; they're not lost.

But sometimes the memory bridge does not form, and something else happens in that mind. Probably a new ego is created, and a new mind starts forming. It takes on some colors of the surrounding minds, and the experience happens. Because there is no memory bridge, it won't be remembered, and probably it will be so foreign and novel that it will be completely meaningless from the perspective of the base state.

Memory Bridges and the Acquisition of Powers

So one important practice concerning PDS is practicing the formation of memory bridges. This is an important practice. And probably it is difficult because achieving the PDS is relatively easy; consistency is very difficult, especially formation of memory bridges.

What happens is, if there is no memory bridge, experience will happen, but when the attention comes back to the base state, nothing is remembered. Whatever knowledge or whatever experience you wanted to gather and use goes away. Actually, it does not go away, it is stored in a copy of the mind. This can be debatable: what kind of mind? Probably the

causal memory; if it is very important, that kind of experience can be stored there. But the theory says that no experience goes without recording, and that kind of memory is called akashic memory, or akashic records.

So anyhow, whatever it's called and however it happens—we don't know, at least I don't know—the experience of the PDS, if it is important, is stored somewhere. So when you return there next time, if it is a consistent kind of experience, probably all those memories, they come back. That mind becomes active. That new ego becomes active again. And yes, if it is stored in the causal memory, it will be forgotten in the base state, but it will remain there till the practitioner becomes so advanced and so evolved that they can access that memory.

So if you remember the last episode, memory bridge is a risky adventure. It means that you are opening the doors, and therefore, there is a systematic practice. If you want the simple experience of PDS, anybody can do it with enough practice, enough talent—that means not anybody, but any talented seeker can do it with a good amount of practice, guidance, and so on. But as soon as you try to do something useful or advanced, you will need a master, or you will need a tradition, and many more things: rituals, protection, defense, various techniques to form memory bridges, to close them, to open them, to create portals, to manipulate the non-rule-bound areas.

Now you can guess, it is a very huge subject. I know only probably 5 to 10% of what is possible here in this state, and no problem, because we have time for only 5 to 10%. You will find more in the books.

The practice of projection is a major part of independent tantra. Nothing is done in the base state. We avoid practicing in the base state in independent tantra. We always want a higher state. So as soon as you reach PDS, you will get lots of abilities, which is what is called spiritual power or siddhi. You can get it in a waking state, for example, or dream state, but it is usually worthless. In ODS and LDS, you can get so-called powers, but you will realize they are fake. They work in the dream. I don't become any more powerful. It is like getting the powers in a computer game; they do not work outside the computer game.

But PDS is somewhat different. With proper practice of PDS, the practitioner becomes powerful, gets permanent powers. They are accumulated in the causal body. They are not lost. With every incarnation, those powers reappear. They are called real powers now; they can be used.

So probably something which is more difficult than protection or memory bridges is achievement of powers. And probably all these occult practitioners, they are running after

powers, because the ability to experience PDS is itself a power. It is not as common as LDS or waking states, so that becomes a long-term goal of the practitioner. How long term? Many lifetimes.

This is disappointing to newcomers, because their ignorance is so deep that the newcomers assume that, "Today I'm listening to this lecture, tomorrow I'll read a book, next week I'll be in PDS, next month I'll get all the powers." And this is very immature and childish, but you can excuse them because they are very new. So I don't know how much time it takes, but a few lifetimes is generally mentioned. It will take many lifetimes, actually. And it is directly proportional to the amount of evolution that layered structure has gone through already.

So the more evolved that layered structure is, or whatever creature that is appearing right now, incarnation, the easier it will be to achieve PDS, and it will be easier to do all these rituals and practices for that creature or person, human being. So the variety of practitioners is mind-boggling. We do not get one or two kinds of practitioners here; there are hundreds of kinds now. And they have different abilities, different powers, and different levels of evolution.

And now you can see that the practices are not simple, they are complicated, very complicated. There is no other practice which is as difficult as tantric practices, specially in the field of independent tantra. This is the most difficult spiritual path in the whole existence. So yes, newcomers will be disappointed, but nothing to worry about. Even if you can achieve a basic PDS, it will be life-changing. It will push you many steps beyond on the ladder of evolution.

Yes, people are progressing in whatever natural state they are in, whether it is waking state or whatever state they are in. Mother Nature is pushing them forward, but usually a seeker is not happy with that speed. They want results today. And although it's not possible, it is possible to evolve very fast, and the key is PDS.

Techniques, they range from simple to very complex, so anybody can start. They can start from a book also; it's not a big thing. It requires natural talent, basic knowledge, and dedication, also a lot of courage, because things like fears and desires and mental issues, they will stop progress, plus they can cause a lot of harm. So you can see that nothing is possible without a master or a guru.

So my advice to all the seekers who are desirous of PDS and higher states of the mind, memory: first find a guru, first find a master who is an expert. Yes, it will be difficult to find people who can teach you, but a trick is to contact writers of the books. There are many.

There are thousands of books on PDS with various names, obviously, you will come to know. But sometimes it is possible to contact them and start learning.

You can learn from the book. Usually the books are very detailed, and they mention the techniques in detail. And there are many videos, many websites that provide a short and quick description of the practices. It is enough to start, but yes, the proper achievement happens through long practice under the guidance of a master or a guru.

One or two experiences are always possible. Sometimes these experiences are given. We call it grace. The guru field sees that this fellow is trying very hard, and if we help this person to get one or two experiences, it will be like an encouragement, a reward, and that person will make more efforts to continue the practice. Because usually these practices fail for newcomers, and they lose interest, they get tired of it, because everybody wants instant results. It is not possible in the occult field. Nothing is instant. It is not like a movie; it is long term. So to help such a person, the guru field comes in and provides an experience, an assisted projection. It is possible.

So once you get a glimpse of it, once you go there once or twice, it becomes easier and easier. The next projection happens easily compared to the first. And if it is done systematically under the guidance of a guru, master, it can be done safely and quickly.

But yes, those who are not interested in serious practices, they just want a taste of it, they can start with books and videos. So I don't know, by this method, how much power you will achieve, but they can be tasted. Even LDS will provide a taste of the unlimited kinds of powers that are possible when the seeker reaches beyond human limitations.

Powers are nothing, they are simply dropping the human limitation. You are not a human. Realize this, then the path to powers opens up, then the siddhis start coming. Before knowledge of your true nature, it is all hitting in the dark. Nothing happens usually. And then again, the guru or master is necessary. That kind of knowledge will never happen spontaneously, because it is very rare to have a PDS.

Sleep as Mechanical PDS and the Causal Bridge

Some people will say that the attention naturally goes into other areas of memory in the sleep state. So how is it rare? Yes, from that angle, it is not rare. Probably everybody projects in their sleep state. But as we discussed before, this is not a sharp attention. This is a diffused attention. And no knowledge will be gathered, no memory bridge forms, no awareness, no control, nothing, no impressions. So usually, nobody calls it PDS. They will say you're sleeping.

Yes, where else will the attention go? It will simply wander randomly in the greater or universal memory, or in the—mostly it stays in the causal memory. The sleep of a human being is mostly parked of attention in the causal memory. It cannot even be called attention; it is an activity of the causal body. It is a process of maintenance, you can call it.

Just like the physical body is being maintained in sleep—the cells divide, and purification of the body happens, fights the infections, and so on, grows in sleep—same way, maintenance of the causal body and the memory bridge between causal and physical happens in sleep. You can call it PDS; it is a mechanical activity, happens every night or whenever the person sleeps.

I just want to mention that this is important, this must happen, because during sleep, this memory bridge forms between causal areas and local memory, where the local experiences are transferred to the causal memory. A backup is made, copies are made of anything that is important, anything that was learned in the waking state. And if that creature does not sleep, won't go to sleep, then this bridge breaks down, and it has very bad effects. The person changes in personality.

You can read these things in books on psychology: what happens when the sleep activity or the sleep state is skipped. For some reason, if the sleep does not happen, it has very bad biological effects, but the psychological effects are very strange: personality changes, behavior changes, because that synchronization with the causal body is gone. There's temporary disconnection from the server. Now the host is on its own; it behaves in mostly mechanical or almost animal-like way.

So having a good memory bridge with a causal body is necessary. It happens in deep sleep. Not only that experiences are uploaded, new desires are downloaded, plus many more things. Probably we can talk about it in the next episode on higher dream states.

So, back to the topic of PDS. Those who want to call that PDS, yes, most welcome. Causal dream state, you can say it. But mostly, PDS has a very sharp attention, a very specific world, very specific ego, mind, and very powerful experience. That's what we call projection.

Varieties of PDS

These experiences are of hundreds of kinds. Many people must have guessed it, but I'm going to mention only a few kinds to avoid very, very long descriptions and too many parts in the video series.

Spontaneous PDS

So the first kind is exactly that, something which happens spontaneously, like everybody projects when they sleep. It is natural, it is almost a rule. It is simply a drift of attention. And spontaneous PDS will be that where, due to some reasons, probably some practice, or probably past life abilities, powers, siddhis, or the grace, guru field—and there can be many reasons—the awareness wakes up, or you can say in rough language, the mind wakes up when there is this projection of attention already happening naturally. And that will produce a very weird kind of experience.

That person finds themselves in a very alien kind of world, and does not know what is happening. Probably they will construct the same body that they have in the waking state or base state, and probably they will construct a world, or will end up in a world which is a copy of the base world, here physical world, the death world. Our physical world where we are experiencing Earth, the physical universe, is called death world in occult terminology. I probably already discussed this matter.

So they end up in a copy of the body and copy of the world they are in, waking state. And it looks like it came out of my body. Sometimes it is possible to even see the physical body, and sometimes it is possible to see the house where you are sitting or sleeping, and the same city, same world. And no reason is usually available why that happened. There can be many reasons, but because this is a natural process, it can happen spontaneously. And the person then comes back in the waking state and finds it amazing.

Many people will say it is a spiritual experience, and yes, you can call it a spiritual experience, because it is not a worldly experience. It is not a physical experience, but a material experience. But this can be a start for a seeker. They are hooked, they research, they find out, they want that experience again, and the journey in the spiritual field starts. "If I am this, who was that who was sleeping in my bed?" Any intelligent person will be shocked by this experience.

And what happens to spontaneous experiences? Well, they decay into LDS and then ODS. They do not last more than a few minutes. So those who get these experiences, they are very fortunate, and we say it is a good sign. It is a sign that you are ready. If you got that experience, it does not matter how you got it, it was spontaneous, but that means that if you practice, you will progress.

Those who don't even get spontaneous experiences, they will need to practice a lot. But if somebody is getting many spontaneous experiences of PDS, such as in childhood and so on, that is an auspicious sign, that is a good sign. That means they have done these

practices before; they are manifesting. These practices are now showing their fruits in this incarnation, and we say this is a real power now. I define the powers like this, that they are permanent. And so any guru will accept these people, these kids, or the—because they have natural talent, they have a long practice behind them, they are easy to teach. That practice will produce a result.

So don't worry if you are getting only spontaneous PDS states, and you call them out of body experience or whatever, it does not matter. You have the talent. You are blessed. You are lucky. Now you can take it further. There is potential now. Find the teacher, find the guru.

Induced PDS

So usually, with practice, using techniques, rituals, it is possible to willfully, intentionally induce PDS. And yes, most of the seekers now are after successful induction of PDS. That's what they want. That becomes the most important practice for any newcomer. "How can I get this experience whenever I want?" This is the desire there, and it is possible.

Sometimes it is very easy. Sometimes it is assisted by guru field, other masters, other seekers, and other entities, your friends from the non-physical memory areas, other worlds. And now people will start laughing, but I already warned you that as we go further into more alien states of the memory, it will become impossible to believe. It is unbelievable. It is fantastic. And yes, many people will laugh and reject, which is perfectly okay, because if it is not your experience, it is not true for you.

Usually, a seeker is interested in these kinds of descriptions, classifications, kinds, types, theories, simply because they are helpful in practice. All these stories are of no value if you're not practicing, or if you don't intend to practice. If you don't want to induce these states, whatever I am telling you is a complete waste of time. These are stories. Nothing is true here. I cannot give you any evidence. It is your own state. Which evidence will be effective here? It is not objective, and therefore this is not scientific.

Is this unscientific? No, it is not. It is a different kind of science. Your material science or social science or chemistry or these things are completely useless here. This is the science of memory, also called vibronics. Those who are interested, they should go through the whole series of Vibronics first on my YouTube channel. Usually I provide links in the description of the video, important links. Then go through the series on Laws of Memory, that is necessary for any serious seeker. And then if you want to practice, there is another series, Experiments on the States of Memory. I know it is not very detailed, but it is more detailed than whatever we are mentioning in this current series.

And after a lot of study and a lot of research and a lot of practice, and also a lot of help and assistance, you will be able to achieve an induced projected state. And now the fun starts. This is the real thing. Here the rubber meets the road. Everything else is childish compared to an induced PDS. You will say, "Yes, now I am in proper occult." You will say, "Yes, I'm now progressing. This is progress. The rest was a waste of time: all these books, all these stories, all these videos." Yes, they are helpful, but real progress happens only when you experiment, you take a direct experience, you make some effort for it. Otherwise it's a story.

Otherwise it is a laughing matter for many, because I remember I also laughed when I heard about these things. I branded these people completely lunatic, insane, deluded, stupid people, blind faith, superstition. That is how any materialistic or any ordinary, sane person will perceive whatever we are talking about.

So yes, without induced PDS, without experience, it is meaningless, actually. So once you start getting into the states of projections, you will get all this first-hand evidence. You will get direct experiences, and then you will be able to find meaning in whatever I am saying. Otherwise, it is so new, so strange, that many people will not be able to understand what I'm saying. They will hear the words—for example, they heard the word "memory bridge," but they don't know what it is. "What does it look like? Is it a stone bridge, wooden bridge, or steel bridge?" they will ask. Yes, it can look like that. This is simply projection, dream. But only your actual experience will make it solid. The meaning behind these words is known only by experience, no other way.

And that is why many masters, they will not even teach you whatever I am mentioning here. They will not teach you about all the memory areas and all the kinds of worlds and bodies. There's no use, they know that. They will teach you only that which is needed: "Okay, sit down here in this pose, or lie down, breathe like this, discipline your attention like this." That's all they will teach, because they know the student will not understand what all these words are. They are fancy words, strange words, meaningless words. Anyway, this is the story of the occult. You need to jump into it, otherwise simply enjoy, no harm.

Once you start inducing, you can get a little bit of control over the experience. Otherwise, they are uncontrolled. Especially the spontaneous kind are uncontrolled experiences, which means there will not be any doubt in your mind that it is PDS, especially if you have theoretical knowledge. It will match with the words. It will be just like a waking state or any other aware state, but you won't be able to do much there.

Uncontrolled PDS: Near-Death and Death Experiences

Examples of uncontrolled PDS are near-death experiences, NDEs, which happen when there is a spontaneous projection because the physical body has died, the physical body is damaged. Now the memory bridge breaks, and the whole personality appears somewhere else. They project out of this world. They say, "I died, I went to this world, I came back." You must have heard these stories. What is it? What happened there? What kind of phenomena is this, paranormal phenomena? And this is simply uncontrolled PDS. That's what happened.

Not only in near-death experience, it can happen in the death experience, a proper death experience. The same thing can happen. Death is simply shifting of attention from the physical world to some other world. So you get out of the death world using the door of death. This is the occult meaning.

So yes, the death sometimes does not happen completely, and the person comes back, and they also call it spiritual experience, and so on. It is very important for those people. It leaves a very heavy impression. There is an impact of this experience sometimes. And yes, some people simply forget, like a dream. It's like a dream which is alive and strange.

Uncontrolled PDS and Psychedelics

So there can be many examples of uncontrolled PDS, and another major example is psychedelic experiences, which means drug-induced PDS. So those who are on this kind of path, they know that it is mostly controlled by the substance they are taking, not by their will. So it looks like that some specific event is happening and it is consistent, but they don't have any control. They cannot change the world, they cannot change the experience, cannot change the body or whatever. And these are mostly assisted by the entities in charge of that substance.

Yes, I know nobody believes all these things. I also don't believe in that much. So I'm simply quoting these researchers who describe their experiences. So yes, very strange, but it usually does not give you any knowledge or any power. The only knowledge that you will get is, yes, the world is bigger than I thought, the universe is stranger than I imagined.

This is not recommended, usually, by any good master, because it causes degradation of the mind, nervous system, and the physical body. There are side effects, there are bad effects. So if somebody wants to do it, they should consult experienced people, otherwise these people are simply drug addicts. They go for a trip, that's all they do. These people cannot be called seekers or spiritual practitioners.

So these Psychedelics are sometimes useful to break a very cemented and fossilized mind, which means a mind which is completely under the influence of materialism, refuses to even talk about anything spiritual or occult. For such people, there is no other way but to break their belief system violently using a forced experience. And yes, the psychedelic experience is a forced or induced experience, but it is uncontrolled and is very risky, very dangerous, and has very bad effects sometimes. So not recommended.

And there can be more uncontrolled experiences which come under unmentionable techniques, fields. So we are not going to mention them. So most of the seekers do not like uncontrolled kinds of experiences. They want control over their state.

So just like LDS, it is possible to control the PDS. The control starts right from an ability to induce the PDS on demand. And then you can control various aspects of PDS, like duration, location, or the memory area, the amount of certainty, bodies, whatever appears there, worlds, who appears there, and so on. Nearly everything about it can be controlled, except when the local rules prohibit it.

Copy of the Base World

The next kind is when the attention shifts to a copy of the base world. It is possible to tell that I'm in the projected state, but the surroundings or the environment is completely or mostly the same as that of the waking state. Same room, same people, same house, same town, same body, same clothes also.

So there can be two possibilities here. The first is that it is really another world just like this world, and due to the law of attraction, resonance, the attention went there naturally. And the second possibility is that it is the same world, the base world, or whatever we see in the waking state, the death world, but now it is being seen from non-physical senses.

While being in the body, in the physical world, we get a feeling of being located in the body because of the senses in the body. The senses are located in the body, and it seems that the experience is happening through them, and that provides an illusion of being bound to the body. But if the attention goes into non-physical senses while remaining in the same area in the greater memory—the death world is in greater memory, obviously, like any other world—but the attention now leaves the physical senses, goes into non-physical senses or some other senses, with a different kind of sense or different kind of organs which are present in the non-physical body or the projected body, and the same world is being now seen. It will appear mostly the same, as if you are looking at it with your physical eyes, and that provides an illusion of being outside the body, but in the same world, same room, same

house, even same time. If it is night, you will see night. If it is morning, you will see morning. And I think the second possibility is more logical.

And it can happen that the local copy will not be exact many times. You will see the same room, but probably the curtains will be different, or probably the doors will be at the wrong location, or when you open the door and go out, you will end up in some other house, or probably in some other world. And sometimes you will see the physical body. Sometimes you will recognize that this is my body, sometimes you will see that it is a stranger. This is possible because of a mixture of ordinary dream elements in the PDS. The non-physical senses are providing hallucinations, we say like this.

Or the whole scene can be completely fabricated. It comes from local memory and it is reproduced from memory, because you look at your room everyday, you know it very well, and so it is possible for the mind to create it from the local memory. In that case, it will be simply LDS, not PDS, technically.

It is surprising sometimes. It provides a very unique, strange kind of experience, but usually the long-time seekers don't want to get stuck here, because there is nothing new to explore. So there are techniques to break out of the local copy world, such as by moving away, or jumping, or flying, or opening a door with an intention to appear somewhere else. And there are reports of people who have done experiments to confirm whether this local copy is some other world, mind-created copy, or is it the physical world which is being seen from non-physical senses, clear senses. Some were successful, some were not. The reports are on the internet. And yes, you can also do these experiments if you end up in the local copy.

Non-Rule-Bound Worlds (NRBW)

The next kind is exploration of non-rule-bound worlds. And usually this is most of the PDS cases. Most of the experiences happen under this category.

What is the non-rule-bound world, NRBW? It means a location, an area of the greater memory or a world which is not very well structured. It is raw. It is mostly unorganized vibrations only, unorganized memory. Most of the greater memory is like this. It is still evolving, it is still organizing. So there are more chances of ending up in these kinds of worlds, and since there is not much structure there, the local rules have not formed. Remember, rule is the structure, structure is the rule. In other words, law is the geometry, and geometry is the law.

So as the vibrating patterns self-organize, layers are formed, and a structure appears, and it can be anything. The structure gives an illusion of events happening according to a rule. We already discussed all these characteristics of non-physical, non-mental memory, and when this is loosely formed, there is a structure, but not very tightly built. Sometimes there are rules, sometimes there are not, and they keep forming and breaking, and the memory area is still evolving, most of it is raw potential, that kind of area will be called NRBW.

So many seekers end up in these kinds of areas and the experience is somewhat strange. Nothing familiar appears. Patterns move around, colors, shapes, sounds, or something which is completely non-physical, feelings, emotions, and it is a very strange but fuzzy, sometimes beautiful also, like rivers of patterns flowing around.

This is very familiar for the researchers of PDS. They report these things, and this is very entertaining, and we come to know a few things. We know that there are NRBWs, but the main advantage of these worlds is that they can be bent according to your will, because there is no hard rule there. The will of the seeker can be imposed on the patterns, because they respond to the intention. So just like LDS, a strong intention will produce a structure there.

I don't know whether it is possible to make everything appear, because it is not your own memory, but some things can appear. You can set a seed and let it evolve, set the preliminary parameters, and let the self-organization start, evolution start. That world will evolve according to your will, or partially according to your will. So these places are a very fertile ground to practice manifesting something, to learn how the worlds are formed, to learn how the laws are made, local laws, and how to create a new world. These are the advanced experiments that we can perform there.

But usually seekers end up with something like LDS. They erect a world which flows away within seconds, and they try to fulfill one or the other desire. It is very much possible. That brings the attention back into local memory, that is the problem there. And if you remain neutral, simply observe and experiment, you will gain new experiences, you will gain new knowledge.

Anyhow, many do not want these kinds of random experiences where everything goes, no rules, and usually no entities are seen there, because why would anybody want to hang out in completely disordered worlds? So many seekers prefer a world where everything is already settled, it is in perfect order, and it is beautiful, it's well structured, and these are called rule-bound worlds, RBW, or rule-bound areas, RBA.

Rule-Bound Worlds (RBW)

So the characteristic of these worlds is that they feel very much real, because they are very consistent, not at all dream-like. And they will be inhabited by entities, creatures, and beautiful structures, orderly patterns, which a human mind likes. We like beauty and order, symmetry, and so on. These will be found in RBWs, and these are the most fascinating kinds of experiences.

And they are also common, although not as common as local copy or non-rule-bound type, but the most learning happens in RBWs, where you can meet somebody, where you can learn something about the illusion, probably study their technology, study their world, although there is no guarantee that whatever you learn there will be applicable here, because the rules can be completely different.

The physical world, or the death world, where we are right now—and hopefully you are also in this world—is an example of RBW. Laws of memory are applicable here, but it has its own local laws, which are called laws of physics, laws of thermodynamics, and so on. So this must be kept in mind that if you learn a technology from some other world, if you build it here, may not work. Only the laws of memory are universal, not of those specific worlds, because they are arranged or self-organized in their own way.

Yes, it is possible, because laws of memory are the same, mathematical laws and probability laws are the same, and it is the same vibration, binary vibration everywhere. So it is possible that there can be an overlap, and you can get matter in some other world, and you can get probably a slightly different kind of matter, probably slightly different kind of bodies that are fluid, glowing, or floating. So when that happens, when these RBWs resemble our world, these provide the most meaningful experiences. These are remembered. These have the power to transform a seeker.

It is unfortunate that there are some seekers who think that that is also real. Just like they think that this physical world is real, they assume that wherever I went was also real. This happens when there is no essential knowledge. Any advanced seeker knows that all of these worlds are illusions, including this world where I am right now. Without this basic knowledge, progress stops.

Just like you are trapped here thinking that, "This is my home, this is real, this body is me," same way, there is a danger that you can get trapped in some other world. Probably it has already happened. You came here to visit, and now you have forgotten from where you have come. You think this is the only world.

So knowledge is necessary, and it is necessary to remember that knowledge, be aware in any kind of world, in any state of the memory. You need to keep the awareness on, otherwise it is an infinite illusion. It is possible to get lost easily. Probably that has already happened for many of us. We don't remember anything now, but I know one thing, that we are free spirits. We can get out of here anytime. Remember, simply recall who you are.

So the problem with rule-bound worlds is they can be of many kinds. If you end up in a beautiful, good kind of world, it will be a worthwhile experience, but there is a possibility of bad worlds, hellish worlds, and nobody likes to go there, but they are also rule-bound. They probably have more strict rules. Probably you won't be able to walk, probably you'll become like a tree there. Probably they are so slow that thousands of years pass, and you stay there, remain there, boring, blank, lifeless, or worse, populated by bad kind of entities, negative entities, demons, and so on.

So people have described all kinds of worlds, and because there is infinite potential, all can appear. And that is why you need a little bit of experience, a little bit of guidance, a lot of courage, and you need techniques to get out of any world if you get trapped there by chance, by mistake. Without knowing all these techniques and protection rituals and so on, there is some danger.

There is a good chance that you will end up in a heavenly world, something good, or something which is similar to this world, death world, which is fine, because like attracts like, is the law of memory. So where will you find yourself, where will your attention settle down in PDS depends totally on the constitution of your mind. Is your mind positive? Is it pleasant? Is it happy? Is it loving? Is it full of knowledge? If yes, there is a good chance that you will end up in a similar world, which is suitable for you. But if you're full of impurities, negativity, hate, anger, jealousy, competition, and lower tendencies, there is a good chance that you'll end up in a hellish world.

You can see that this very much logically explains some of the religious concepts of heaven and hell. If you have experienced it yourself, you will know that they are not completely wrong, although religions will never tell you that you can go there while being alive. It is possible. It is possible to even have an inclusive attention where you are experiencing either heavenly world or hellish world while completely awake here. There are many cases like that, and people lock them up in lunatic asylums. Anyway, I'm not going to go into that much detail.

Any seeker wants to have freedom. They want to be independent of all these worlds. They don't want heavenly worlds, and they don't want to avoid the lower worlds, so-called lower

worlds. They want an ability to appear in and out of these worlds, any worlds. That is the best kind of freedom you can have.

So the more you explore RBWs, the more your power grows. You get the experience and you learn from the experience. Unfortunately, there is no other way to get this kind of freedom, to become so powerful that you can appear in any world on command, at will, and disappear from there. This is probably a very high-end kind of spiritual power or siddhi, and we have heard only stories.

So there is a lot to be said about these things, but we'll continue with this reminder that you are probably in a rule-bound world right now. You think, "This is my base world, this is my home," but it may not be. Just check, are you bound in the rule-bound world, or are you free? Are you free to go? This is what any seeker wants.

Receiving Messages and Channeling

So the next kind of PDS experience is receiving messages. It can happen while you are wide awake in the base physical world, and a message pops up in the mind. Sometimes you will think that this is my thought, and probably there is no way to know whose thought that is, because they are not stamped with sender's name and address. But those who are more experienced, they will be able to differentiate.

And a good example of that is channeling. It is not a very well-reputed field. It is a very infamous field, as far as my impression is, so I'm not going to talk more about it, but it is possible to get the messages in PDS, even with exclusive attention. Sometimes people go to PDS only to get messages. That is the only intention they have. It can be messages from entities, deities, or gurus, masters. Some people go there to get messages or deliver messages to somebody, mostly dead people.

So just like there is a death world, there is a *dead world*. A dead world means it is populated by dead people. And yes, it is possible to go there, do some service, and so on, send messages, deliver messages, and be a postman. And sometimes only messages appear, thoughts appear, or voices appear. Sometimes, fully formed entities appear. They can be of any kind, any shape, any size. They can be beautiful, they can be fierce, there is no limit, they are millions of kinds. And sometimes they will show you something, sometimes they will teach you something, sometimes they will deliver a message.

Some of the entities are harmful, and that's why you need some guidance, protection. Do not bring them with you, that's all you need to ensure. But the law of attraction again works

here: like attracts like. And if you are a pure seeker, you have purified yourself, you're free from the majority of faults, then you will never encounter anything negative or harmful.

That is why simply jumping into PDS is not the only practice. The practice is actually self-transformation, so that you end up in a desirable state of dream. Remember, there is only a dream, there is no other state. The other state nobody likes, that is sleep.

So just like in LDS, these entities can appear, they can take you to their world if you request them, they can show you, and that will not look like your typical LDS. In LDS, you can make any entity appear, and you can turn them into anything else. You can use your intention power to change those entities, because they are your creation. But how do you know that you are not in LDS now, you are in PDS? If you meet an entity, you won't be able to change anything at all. This is true for RBWs, because there are rules.

So PDS gives you a lot of control, but sometimes it takes away the control. But taking away the control has an effect, has an illusion of making it more real, because you will recall that in my world, in my base world, I cannot change people, I cannot change a person into a butterfly, or a butterfly into a beautiful girl with wings. I cannot do that. Although I have a lot of control here, I cannot make my body younger or older, or change it into a body of gold, a body of water. You will get the same impression if you find yourself in a RBW. You cannot change many things, but still there is some control.

So if you meet an entity like this about which you cannot do anything, it's all totally beyond your control, then it is best to treat that experience as true. Take it as real, because if you do anything unusual, there will be consequences. So there are consequences of actions in rule-bound areas. This must be kept in mind. Probably everybody should write it somewhere on your wall that if in a rule-bound area, rule-bound world, you need to follow the rules there. And probably you will be left with no other option, because you yourself will be bound by those rules.

So it is a very deep conversation now, and there is some limit to my knowledge. I do not know I do not even know of any stories of something like that. Yes, entities do appear and disappear lots of time, but there are very few stories of entities appearing in rule-bound worlds. Usually the person will mention that, "I was in a human form, the entity was in some other form." It is very difficult to believe all these things. How is that possible? Some people will say, "The entity, because that was friendly, did not want to scare me, so that entity came in human form." And yes, that is believable, that that is possible. But then that is not the rule-bound world, that is NRBW.

Anyway, it is all magical. It is all beyond logic, so there is no point in using logic here. Totally depends on the utility. Was it useful? Whatever that appeared there, giant bird or giant rabbit or giant spider, doesn't matter, did you learn anything? That's what matters.

POV Incarnations and Possession

So that brings us into the next kind of experience. I just raised this question: How can somebody appear as a human being in some other world? And this kind of experience gives us an answer. I'm calling it POV incarnations, or point of view incarnations, which simply means the attention is present in that area, but there is no way to form a body. That is the first case of POV incarnations. You are present as awareness only. A disembodied presence will be there, but you will be able to witness what is going on, the scene will be present there. Many people have reported this thing, and this can happen in rule-bound, non-rule-bound, local copy, anywhere, anywhere at all, including NDE and so on, spontaneous. So this is a category in its own where the seeker is disembodied, but non-physical senses are active and they are providing some view, something.

And there is another case of POV incarnations, which is more controversial or debatable, and I'm calling it possession. The seeker is still without a body, disembodied, but the rules of that world allow use of existing bodies in that world. So you can manipulate the existing body there and look through its senses. If it has eyes, you look through those eyes. If it has ears, you listen through those ears, feel whatever you want. It is as good as you have possessed the body in that world.

And it becomes necessary sometimes, because those bodies are made for those worlds. The bodies and the world, they are the same thing, same structure. They will follow the same rules, just like the human body follows laws of physics, physical rules. No other body will survive here or will probably won't be able to manifest here, won't be visible. So sometimes this happens. Very advanced practitioners, they find a body, they use that body, nobody likes to call it possession. Sometimes they ask for permission, sometimes they do not, take the experience, because it will be vivid, it will be alive. It won't be like a dream or any other thing. It is impossible to imagine. And then they leave that place. The PDS ends, and they come back home, but they get a very solid experience.

Now the really controversial thing is we, in this death world, are actually possessing physical bodies. Many people will laugh at this idea, but this is a very old occult idea, because if you remember, the birth happens because of activities of the causal body, but the causal body has no power to form a physical body in this physical world, because the physical world is governed by physical laws. You need a body made up of physical matter, the matter that is present here right now: the chemicals, the carbon, hydrogen, nitrogen,

and so on. This body is provided by the rule-bound world, which is our physical world, Earth you can call it, or you can call it death world, which is more accurate.

So the causal body projects into the physical world, possesses this structure, and carries out the experiencing, lives the life in this world, and then due to impermanence and usual reasons, this physical body becomes useless, it is thrown, and the causal body withdraws.

Now it must be becoming clear why this is a death world, why I am not the body, why this is not my home, why do I desire to go back somewhere else so desperately, why do we feel homesick. It is a case of possession in some other world. And I know nobody will agree with me, this is just an intuition. You will need to do it yourself. Either do the POV incarnation, presence only, disembodied in some other world, you will see the limitations of that, it is highly unstable, or you possess something there, get the experience, come back.

Temporary, Permanent, and Cyclic Incarnations

So the interesting twist on the possessed point of view is if you wait for that body to die out, whatever structure that is, which is compatible with the rules of that world, it will not remain, the law of impermanence is universal, so it will change and it will get destroyed, decay. If you wait for that period, it will be called a temporary incarnation. It will be as good as you have incarnated there. Yes, it was probably not planned. You just wanted an experience, you wanted to feel the life in that place, you wanted to learn something, you wanted to experiment, but you end up living for the rest of that lifetime of that body. This will be a temporary incarnation.

Or sometimes you can say, "I want to stay here for 20 years, that's all, not 100 years or 300 years." So that is a long-term possession, instead of minutes and hours, this possession can last for a long term. And you can imagine that if it is a master who has mastered all these incarnations and possessions, they can order a body to rise, they can create a body from the rules of that world, and they can inhabit it. Now, that's why they do not call it possession. Probably many will get angry if I call it possession publicly. So they can use that body, inhabit that body for a good enough duration, do their work, go back. And obviously this is not the job of a newcomer. And yes, those who are listening, it is just a very entertaining, spooky story, but it is wild imagination right now for you.

Probably for a master, it is their everyday job. They have projects, they go somewhere, and obviously they don't want to take the trouble of taking a birth there, so they use something which is existing. And now many people will recall such stories. It happens in this world, the death world. Anyway, the law of deniability ensures that no proof is left, and the tantric

or the master ensures that no proof is left in that RBW. They erase all the traces of their temporary incarnation or possession or whatever.

We know these things a little bit from the stories and teachings, but there are more possibilities about which I don't know, and probably the human beings will never know. Probably there are more ways to get all these experiences.

So anyway, we move on to permanent incarnations. And what is the difference? The permanent incarnation happens intentionally, it is well planned, that from this duration to this duration, I am going to appear in this world, I am going to take this birth here, and I'll do my work, and I'll go away, and live the full life.

That means it happens at the level of the causal body. The master leaves the base world completely, you know, that's why it's called permanent incarnation. The base world is dropped. In the base world, people will see the master dying. They will leave the body, but here the body cannot survive without the mind, without the causal body. It dies, and they go back to the causal area, they take the job, which means list of desires to be fulfilled, and they appear in a child's body, baby's body somewhere, if there are babies and so on, or a seed body, you can say, generally.

Then that body grows, and the whole experience happens, life experience, the body dies in that world, and they return back to the causal state, whatever state, their own world, we don't know. And they can do this again in some other world, some other form, if needed, if they want some powers or some abilities or some experiences. This can go on, along with POV incarnations and explorations and temporary incarnations. Whatever is needed, they do it.

So what if the job is not done in one lifetime? Let us say the one lifetime is very short, or they like it so much that they want it again, and now starts the cyclic incarnation. What is the difference? Cyclic incarnation will happen again and again, and it will happen exactly in the same world, otherwise we won't call it cyclic. Not only in the same world, that incarnation will happen in the same location wherever that body appeared first. For example, in the case of the death world, it will be the same country, same town, same village, even same family, it is possible. And that's what happens most of the time in case of cyclic incarnations.

Probably on Earth, or in this death world, 99.99% incarnations are cyclic kind. It is very rare to find somebody with a temporary or permanent kind of life, and nobody will tell you. These masters, they're experts in keeping secrets, because leaking secrets means failure. There are pretty bad consequences of leaking the secrets.

So I don't know whether I'm leaking the secrets or not, but this is my guess. It is a guesswork, it is imagination. It is not possible to bring any evidence of these things. But you can see it is very logical. So check: Are you going through cyclic incarnations? Have you forgotten something? Are you here permanently? Try to recall.

Why is this called the death world, or it is called a lower world? Because it wipes out our memory. So will you never remember? We will remember. It is a case of breaking of bridge. The memory bridge has broken somehow, probably due to repeated cyclic incarnations. So much information or knowledge has been collected in the local memory or causal memory that the old knowledge, old information of your previous lives, previous status, they are hidden somewhere now, they are not important for you. You chose to forget.

But as soon as that memory bridge can be made, everything will be recalled. And many seekers, many tantrics want that. They want to return, they want to recall, they want to remember. They're tired of all these cyclic incarnations. They have done whatever they wanted to do. Somehow they did not listen to their master. They did not obey their guru, and now they are trapped here.

Anyway, I can go on making the stories, it is fascinating and interesting, but there is a danger that listeners will assume everything to be true. Remember, it's not true, it is all speculation right now. It is so logical that spiritual people are more than eager to believe all these things, but yes, only a direct experience can give you some evidence. Try to get the experience, try to build the memory bridge, practice for that. Try building memory bridges in LDS and ODS and whatever you can, you see, start, and then one day you will become so advanced that all the previous memories will come back. You can end the cycle, cyclic incarnations here.

Many people will say, "No, I can end it without recalling also." Yes, that is also possible. What is not possible in illusion? You can have any kind of illusion. All you need to do is choose a particular PDS, choose a particular location for projecting, and don't come back. Yes, the body will rot here, the body will be gone, decay. People will think you died, which is perfectly okay, they should not think about anything else. That is the rule. And you will be out of this.

Who can do that? Probably not many, only very advanced. And if they are so advanced, why will they get trapped in cyclic incarnations? So something else is going on, probably. We are not so evolved, and the evolution happens through cyclic incarnations. So probably there is a way to speed up evolution, and your guru will tell you what is that way. So many possibilities!

The Waking State as PDS

And that brings us to the next kind of PDS, which is called the waking state.

From the perspective of a human being, this is a PDS right now. The waking state is the state where a person or a seeker finds themselves in a rule-bound world with a local body, which is adapted to the local world environment, and it is a kind of cyclic incarnation. And yes, they go through all these states of waking, dreaming, sleeping, which is a fractal activity of the universal memory that is happening here. Remember the law of self-similarity.

And the only problem is we don't know, we have forgotten. And as I said, there can be reasons. The first reason is probably we are not evolved, second is we are fallen. Choose your character type.

Anyway, the waking state, which ordinary people think is the only reality, they call it reality actually, is very funny. And they think, "I am a human being here." But as soon as they wake up, or they start to wake up, usually books, stories by other people, other seekers, videos like this, they are like a wake-up call. They find it so interesting that they try to know the truth. Some of them wake up.

So as soon as they start waking up, they will realize something. They will start recalling their original state, their base, their home, and they will start feeling homesick. They will try their best to get out of here. So that is a typical seeker, a spiritual person: had enough of everything, got some hints, although no master, no guru, doesn't matter right now. The waking process has started, awakening is starting, and they are trying, they are making the effort. That is what is necessary.

Yes, some of them have a mission. They are here in the form of permanent incarnation. They are not trapped, they have the freedom to go anytime, but they have chosen at least one lifetime. There are names for such people. You see, I'm not going to call them all these names. There are names in every language in the world. And very few are here in the form of temporary incarnation, probably some have already done the possession or presence, and whatever, you see. Many come here to meet the students of occult, or the masters of occult. Many come here to bring some messages, take some messages, and so on.

This rule-bound world is actually considered unique and important, because of its position in the middle. It is a bridge between the lower worlds and the higher worlds. So many have interesting projects here that bring them here. Some choose to live for a while and do

cyclic incarnations, and they learn, they meet their master, they fulfill their desires, they go back. They never come back.

This world is moderately evolved and it is producing very good bodies. You can check all these animals and birds, they have better bodies than humans! So many are coming here in non-human forms: cats, dogs, horses, we don't know what. Now you will never look at any animal with an inferior look, that, "You are an animal." No! Probably they are not, because in their view, the animal form is the best for their purpose, whatever animal that is.

Human form, somewhat troublesome, as we know. It has its own advantages and disadvantages, but some desires can be fulfilled only in human form, such as owning things, property, killing somebody, wars, or marriages, love affairs, and many are here for that.

Spiritual Evolution and Background Characters

But some are here to learn. Human form with very advanced intelligence is suitable for spiritual knowledge. Only this form is suitable here in this world right now. Probably in the future there will be more forms which are more advanced than humans, they will appear here. So because of suitable forms and stability of the death world, it is an ideal place to learn, grow spiritually.

There is equal amount of suffering and joy, equal amount of ignorance and knowledge. We cannot say they are equal, but they are present. You can experience both, and that causes very fast evolution compared to a completely hellish world or completely heavenly world where the options are not there, where this up-down is not there. So the death world is the waking state, and many are here for something specific.

Do you remember why you are here? Or are you completely brainwashed by the entities that are found here, humans, who don't want you to go away, who don't want you to wake up from the waking? This is the life goal of any seeker: to wake up from the waking state. This is not a waking state, this is PDS. You are sleeping. You are poisoned by the ignorance that is present here.

It doesn't matter how that happened. Now that has happened, it is the duty of every seeker to get rid of this ignorance and go back, or you can come back, but do not get trapped here. It is good, it is a good world, it is a stable world, it is a beautiful world also, but it is temporary. It is not my home.

So those who are wondering where the waking state is, here is the waking state. It is just a very strange kind of PDS. There are many reasons for having that kind of PDS. And I want to

add here that many of these bodies that are found here, human-like creatures, are not incarnations of anything. They are simply bodies. This world produces bodies, very good bodies. So they are just background characters in the dream.

This can cause a lot of controversy, so I'm not going to say more. This is an old belief, ancient belief, that some people are like that. They will never go anywhere. They are born here, they will die here. They are in the 99% category, if you recall the law of 99%. They are degenerate background noise. Now my advice is not to call anybody like this, they don't like it. Just finish your business, go back.

So a lot can be said about the esoteric and occult side of the waking state, which is, for an ordinary person, is their life, human life, normal life, DGR, and it is not at all like this for a seeker. It is an experiment for them, and they keep coming and going. They want to go, so that is possible. Not only that, it is possible to go higher than the greater memory, about which we'll talk about in the next episode.

Thank you for listening to Pure Experiences.

Chapter 05

States of Memory: Higher Dream States

Welcome to Pure Experiences. You are listening to a series of videos on states of memory. In today's concluding part, we are going to discuss some higher dream states.

Understanding "Higher" Dream States

Although all states are dream states—which means illusory, empty, without any substance, false—they are all of the same kind. So, nothing is higher, nothing is lower. So, when we say this kind of experience is the higher experience, it is purely for human-centric reasons. There is nothing like this in this existence. Whatever kind of states we discussed till now, they are not lower, they are not inferior, including the waking state, which probably nobody wants now, and the ODS, LDS, etc.

Yes, people will categorize these states, depending on their choice, as better, worse, beautiful, ugly, happy or sad, higher or lower, spiritual, non-spiritual, lighter, darker, and so on. So, keeping this in mind, the states that we are going to discuss now are relatively higher from the point of view of a human being because probably we are lower somewhere down the ladder of evolution.

So, it is not wrong to call them higher because we want to achieve those states, any seeker. But to be honest, these higher states are very plain and boring, so that's a warning for you. Probably the most colorful and entertaining and engaging states are projected dream states, especially those that happen in the rule-bound areas.

Nature and Location of Higher Dream States

So, where do these so-called higher dream states happen? And it is very easy now. They cover the whole universal memory. They are not limited to a specific kind of memory. They are omnipresent in the existence.

Still, we can consider higher layers of the layered structure as an area where these higher dreams appear. That will be causal layers and above that. There are various kinds of fields above that, and if it is ordinary, something like PDS, LDS, we do not consider them higher dream states. But it has more to do with a level of evolution rather than area of memory.

The higher dream experience can appear even in the lowest layers of the memory if it is required. So, very arbitrary classification here.

Transcending Subjectivity and Objectivity

A very interesting thing about these higher dreams is that there is no illusion of individuality here, although if it is needed, it is produced. But the lower dream states, so-called, always have an individual. Whatever we call a *subject*, the dreamer is an individual, although it is a false notion, and there is no individual there also. But in higher dream states, this ignorance that the individual is dreaming also goes away. And if it is needed, the illusion of the individual or individuality can be created if it is necessary for some reason.

So, if there is no subject, it is meaningless to talk about subjectivity. Our very first parameter becomes meaningless.

And another interesting thing is that there are no worlds here. Usually, the other dream states have worlds, bodies, and so on, besides the individual which appears as the owner of the body, ego. But here, there is no specific world because they are omnipresent mostly. Their areas are not located anywhere specifically, although if it is needed, some world gets created or some body becomes available. If they want subjectivity, they create it. If they want objectivity, they create it, because these things are not really there. So, objectivity is also meaningless.

Who are they? There is nothing like this. It is all group mind. It is all fields of memory now. And probably that is why the word higher dream state is justified.

In one sentence, you can say there is no ignorance. Is there any knowledge? No, there is no knowledge. There is nobody to get the knowledge. So, there is only purity. You can say it like this. And both knowledge, ignorance, and whatever can appear on demand. These states are very powerful.

Consistency and Permanence

And who achieves these states? There is nobody who achieves it. The one who is trying to achieve something disappears in these kinds of dream states. "I" and "you" and "who" and "they", these words are a result of ignorance.

So, what about consistency of higher dream states? Usually, they are permanent, and there is nothing much there to disappear. It is just like one or two waves in the ocean can disappear and new waves can reappear, so we can say that there is no consistency there.

But the whole ocean does not disappear, and its waving does not disappear, so it is always consistent now. So, in that context, from the holistic point of view, the consistency is high. Whatever these areas are, whatever these fields are, or group minds, they are almost eternal. They can make anything consistent.

It is all sounding really meaningless because this is not our everyday experience. And to be clear, I am not talking from my own experience, because I am here in the lower world, lower dream state. I don't have any clue what this is. So, either it is a guess or a theory or a story which I heard somewhere, that's all it is.

Still, it is possible to get a glimpse of the higher dream states if we try really hard, or if we pray, because probably humans won't be able to achieve that quickly. But it is possible to get it through grace. You need to be worthy of that.

Key Characteristics: Awareness, Control, and Senses

So, whenever these higher dream states appear, they are life-changing experiences, and so they leave a very deep impression on the local memory. It is sometimes not possible to know what happened. The meaning of that experience is not very clear, but at least the seeker or the practitioner comes to know that this was important, this was unusual, this was rare. So, a very high value is given to these higher dream states, and probably that's why it is justified to call them higher because they serve a higher purpose, they have higher value than all other dream states. So, if it happens, you will remember it. That is guaranteed.

When they happen, the awareness is at its highest. From the human perspective, we can talk like this, because humans are probably at a lower end of awareness. So, the awareness reaches its highest in the higher dream states. And now, this also contributes to the justification of the word higher dream states. Or you can say, when the awareness is highest, these dream states, they start manifesting.

The control in these states is high, although there is usually nobody to control it, there is usually nothing to control much. Still, in a few cases where the worlds and people or entities appear, there is a possibility to get a lot of control, although there is no desire to control anything.

What about senses? And here, unlimited senses can appear. They can be created on demand. Whatever kind of information is needed, a suitable sense and body gets created, so we have unlimited senses here.

The Cryptic Nature of Higher Dreams

So, from this description, this looks extraordinary already. Why don't we hear about all these higher dream states? The reason is they are very rare, and people who are evolved enough to achieve these dream states, they are very few, and they do not talk about it much. So, we get some rare book, some rare interview, or a really great master who reveals these states. Otherwise, normal humans, ordinary seekers, don't know anything about it. Traditionally, it is simply passed on as stories, and we have nothing but stories.

Secondly, sometimes these dream states are very cryptic. They do not resemble our everyday experiences, and they do not resemble even the strangest of PDS experiences. So, they do not fit in human memory correctly. The format will never match, and because if a person has never encountered anything like this, and when the language itself is absent to talk about these states, senses, awareness, etc., then it is also useless to tell anybody. It is like explaining theories of physics, modern physics, to a newborn baby.

Worlds, Bodies, and Minds in Higher Dream States

So, anyway, we can still try. The experience of higher dream states can be divided into three parts as usual, but that is somewhat arbitrary because usually they all, these three, blend together.

Worlds

What worlds are seen here? And since this is universal memory, non-physical, non-mental, non-dimensional, no time, no space, any world can appear. Actually, it appears according to the need, or any existing world can appear, including the death world.

Body as a Vehicle

Same about the body. Usually, there is no need for a body, so it is a disembodied experience most of the time. But the body can be taken or assumed if it is needed. Any desired body can appear. There is complete control. And this is the highest level of power here, you can guess. To make any world appear, to witness any world that is possible in the whole infinite universal memory, or to assume any kind of body is the highest kind of power.

But mostly, whatever these things are, or even human beings if they want, if they are evolved, they prefer to remain disembodied most of the time. This is the same as when you get into the car, a vehicle, only when you want to go somewhere, you want to perform some task. Otherwise, you stay out of the car. You don't live inside the car.

The same way, bodies are simply vehicles. They are an instrument which is useful in achieving something. If there is a goal that requires a body, the body is taken, the goal is completed, the body is discarded. It is a vehicle. So, most of the time, the experience is of disembodied existence, no body. It will be difficult to see any entity which is established in a higher dream state. They don't appear, and if they appear, they can appear as anything, even a rock, plant, insect. So, it is beyond human.

The Universal Mind and the Process of Descent

About the mind, it is the universal mind, it is the group mind. There is no boundary here of any kind. It is all one. If needed, a boundary is created, and so the mind becomes limited for the time being. These boundaries are virtual.

And probably the same process is happening right now for human beings. Human beings have higher layers above the causal body that are completely diffused into the universal memory, universal mind, but as the attention comes down, more and more limits are added, more and more boundaries are added, or they appear. And at the level of the ego, it is completely limited to one body-mind with the added ignorance that "I am this body-mind, not the whole universe." This is the process of descent.

So, those who are ascended, they don't have all these limitations. They don't have any ignorance either, but they are so free. There is complete freedom that there is a possibility to limit the memory, limit the attention to specific areas of the memory, create a structure, get into the vehicle, and do that kind of play. The play, leela, is possible now. And once it is over, it's back to limitlessness, complete freedom.

And yes, it is not possible to imagine these kinds of experiences, so I'm not going to give any metaphors and I discourage people from imagining. These things cannot be imagined, but it is possible to experience. That is the good news. If you experience all these higher dream states, you don't need to imagine them. You will know them directly.

And because there is very little information in books and so on about higher dream states, I will very quickly give you some examples which I came to know. There is no guarantee that they are accurate. It's all guesswork right now, and obviously no evidence can be provided. Evidence is direct experience, which is somewhat difficult to obtain for human beings. Still, students can try. There's no harm. Either go step by step or try directly. At most, you'll fail.

So, here that layered structure has evolved so much, so far, that it won't be possible to call that structure a human being or a limited mind or anything else, any entity. It is not even an entity. But for practical purposes, we are going to call it an entity. And we assume that

when a master or a guru tells us about all these experiences, it is that entity, non-individual entity, universal entity, that has descended and has taken a human form.

Phenomena of the Causal Memory

So, the first memory area which is higher and which even an advanced practitioner can access is the causal memory. In the causal memory, all the life experiences of previous incarnations are stored which create desires and karmic bonds and so on. With that, it stores all the information or knowledge needed to recreate all those experiences.

A simple example is, if there was an experience of human birth, human form, the causal memory will have all the knowledge to recreate that human form again. It probably does not have any knowledge or information or blueprint to create a world, because it is slightly individualistic. There is still a little bit of limit and a little bit of individual left in the causal memory. So, we can identify the causal memory as a unique memory area that has produced many incarnations, many creatures, many experiences.

Past Life Reviews and Recollections

What does this state of the causal body look like? And as I said, it's not possible to imagine, but people imagine it as episodes of recollection of past lives. This is the most common that is reported. All the births are remembered in a timeless manner, because obviously if these births are replayed in real time, it can take millions of years. But usually, these states do not last for a human being, cannot last for more than a few hours or minutes. So, there is a knowing that I came to know all my previous births. This is a higher dream state where all these lives are flashing like a very high-speed movie.

And some people report a similar kind of experience where not only the current life flashes before them, many past lives, they are seen, as if something is doing a review. And yes, you must have guessed it, it happens just after death, just after the limited vehicle of the physical body or any other body is dropped.

So, who is doing that? Nobody knows. But a very subtle ego arises and says, "These are my lives. I'm doing all these life reviews." And that probably happens after the limitations are taken again, which means when the reincarnation happens, rebirth happens. And if a memory bridge is made, that person is found to talk about all these experiences. Obviously, nobody believes them, but these are one kind of causal body experiences.

Reliving Lives and Pre-Allocations

The second most common is reliving one of the lives again. When this kind of higher dream state happens, it appears as if one whole life was relived. It was lived again exactly as it happened. Probably it is just a detailed review. Sometimes it is a past life, sometimes it is an unknown life, sometimes it is something which is going to happen. It is a preview or a trailer of coming lives.

Another reported experience is of recollection of pre-allocation. The pre-allocation is given in one such higher dream states. It is reminded for some reason, and that can be a little bit dramatic where someone resembling you in the human form appears, says, "I'm your higher self. You were sent down to finish this and this work, finish this job," or "You're doing great," or "You failed." Like this, it can take a dramatic appearance, or it can be simply a knowing, without words, without language, without symbols.

So, causal memory is huge. It is not possible to know all of it probably, but some indications of the contents of the causal body are sometimes revealed in the higher dream states.

The Causal Family and Karmic Bonds

So, just like it is possible to witness whatever we call as my causal body—it is not mine, but from the egoic point of view—it is also possible to witness somebody else's causal body, causal memory, specially those with whom you are strongly bound, where there is some kind of bond: family members, partners, children, friends, anybody who is important for you. In the higher dream states, it is possible to connect to them.

We already saw some examples where you can summon them, you can talk to them in PDS or LDS states, but in a higher dream state, it is possible to simply go and merge with them, or scan their causal memory, or implant any ideas, or remove anything, surgery of some kind is possible.

This group of causal memories to which one particular, specific causal memory or causal body is connected strongly is called the causal family. And it is almost eternal. It has been there for millions and millions of years.

So, the links through which a particular causal body is connected to another causal body is called a karmic bond. Sometimes you will see all those karmic bonds. Their faces or their qualities, their signatures will appear as pictures or knowing, pure information, in these higher states.

So, one use of higher state is to connect to the causal family and take some advice, ask for help, or simply enjoy some time together. So, just like you can know your own past lives and future lives and whatever—you see this is all an illusion, so whether that actually happened or not cannot be guaranteed; it is here at least, it is completely subjective, there is no hope of any evidence or anything—in the same way, you can know the past lives, future lives, or desires, pre-allocations, anything that is stored in the causal memory of a member of the causal family. It is possible.

And we only have stories. Again, that is not evidence, obviously. There are some great gurus, great masters, great tantriks who can see your face and can completely scan your causal memory, can tell you your past, future, whatever, and it is impossible to believe there can be something like that. Yes, we have stories. That's all we have.

Encountering Familiar Presences

Sometimes in a not-so-lucid higher dream state, faces of some familiar people can appear like a cloudy pattern of faces. Sometimes they are very sharp, as if you are watching a movie on a big screen. Sometimes they are completely white faces, ghostly. And sometimes they will call you, they will talk to you, they will laugh with you, they will call your name. Some of them will remind you, "Don't forget me," like this.

These extraordinary, lifelike experiences fall into this kind of higher dream state of causal family category. Or even if you go down a little bit in the projected states, if you meet one particular person, a particular entity again and again in your projections, in your projected states, there is a possibility that that thing, that entity belongs to your causal family. There is some kind of bond or relation.

Or you meet somebody in PDS who looks completely familiar, like a family member, but you don't remember who they are. Obviously, there are no faces here. Any face can be taken. So, sometimes they take very recognizable faces of relatives and ancestors, even friends and partners to communicate this information that "I am of your family. I belong to your causal family." Because what else can they do? They cannot teach you the whole theory of Vibronics there, so they take some shortcuts to establish a communication.

So, probably the whole ancestor layer resides just above the causal family, and if they appear, that is similarly another kind of higher dream state. So, I'm struggling to find examples, but can't remember any.

Creating, Maintaining, and Dissolving Worlds

So, we move on to the next kind of higher dream state, which is exploration of your own worlds. That entity has evolved to such an extent that they mastered the art of creation of a world. Now, that sounds like a really big thing, but it's not, actually. When you imagine something in your mind, you have already created a world. When you go to LDS and create a full city in your dream, you have the talent to create the world. The only problem is, it does not last. It is not stable.

So, nothing is stable anyway in the memory, it is impermanent. But these highly evolved entities, they learn the art of stabilizing a world that is probably not so difficult, but we don't know. It is by leveraging the natural laws of memory like copying, resonance, evolution, repetition, and so on. This is naturally happening. So, all you need to do is help it a little bit, and press the go button, and it self-organizes into a world. It's possible.

And then, you need a little bit of power to stabilize it, because it will disappear. If you leave it there, in a split second, it is gone. So, they have so much power, or we say they have the energy to keep their own worlds going. It is one thing to create a world, and it is totally another ability, siddhi, power, to maintain it. And obviously, there is the third ability corresponding to it, which is the ability to dissolve it. So, creation, maintenance, dissolution, all these three powers are attained, and they enter into their own world in the form of a higher dream state.

Yes, it sounds totally like a fantasy. It is stranger than all these magical stories combined. So, anyway, it is entertaining, and it is said, or the masters tell us, that one day you will become like that, you will become a creator properly.

Now, we can suspect that whatever we call the physical universe or the death world must be running because of some creators. Credit goes to those who pressed the go button there, but it was not created brick by brick, particle by particle. It is simply a power of intention of many entities, because it is huge. It almost seems to be limitless, the physical world, physical universe. So, there must be many, must be a group mind, must be a big causal family, highly powerful. They must have contributed to this creation.

Where are they? We are living in their body.

So, it is very difficult to explain now. There is no individual there, so the arrangements of patterns in their own causal memory is seen as a world. The combined causal family appears as a world. It is amazing.

So, right now, we are in the body of somebody who is completely ascended and is actively maintaining this dream, a higher dream state of a physical world. Who are we? Are we related to that entity? Yes, we are their children. We are children of the causal family.

And I think I should stop here because it is getting really crazy. This will start sounding like many religions, and people will accuse me of corrupting the religions or corrupting the spirituality by that particular religion which they hate. So, probably in future, I'll invent my own vocabulary, new vocabulary, to talk about all these things. Anyway, it is very confusing.

The experience of my own world will fall in some kind of higher dream state. And yes, that thing, that entity will not be a human. We are not talking about humans now.

Higher Worlds and Greater Memories

So, like this, there can be higher worlds which are either creations or they simply evolved out of seeds in the universal memory. We cannot access them in a regular PDS because they are too alien, they are too strange. Their memory format does not match with anything which a human can comprehend. But only in the higher dream states, it will be possible to explore somewhere outside the greater memory.

The greater memory will have some kind of homogeneity. Some qualities will be common to every world here, in a particular greater memory area, such as this one where we are right now. But there are areas outside the greater memory. What are those? They are other greater memories, obviously, or clusters.

So, when you reach there, this is a completely unknowable experience. So, what can I say? There is only silence here. We don't have that kind of knowledge. If we try to explain all these things, the higher worlds, probably we'll end up describing something which looks like our world with gold coating, which is completely wrong. You can call them higher heavens because they are mostly positive. But there can be negative ones.

So, I'm not going to try. The description is beyond our understanding. There is probably no description right now. But their laws are completely different, things that reside there are completely different, and there is no possibility of knowing what these things are, because the knowledge structures are completely different.

So, as we start leaving the greater memory, it becomes more and more randomness. Nothing meaningful is seen, and therefore, very few reports are there. And if we leave the cluster, probably nothing will be seen. It is all empty because the vibration is completely different there. We can guess like this.

Still, some experiences are possible only when the entities in those greater memories connect to entities here. These entities will be of a very high kind, very much evolved, probably those who have created other worlds and so on. So, a communication between them is possible, and it's completely beyond human ability to even describe. At least I cannot describe anything here. Whatever I have described is already probably half true, half false. We don't know.

Liberated Entities and Bodhisattvas

So, higher dream states provide an answer to this question: What happens to those who are liberated? What do they experience? Is there anything remaining there to experience?

And we can only guess. So, some of them probably enter the higher dream states after liberation, and they remain there as latent memories. I don't think it is completely destroyed. That can be my personal opinion only. So, these memories sprout back again after some time. Probably it is their job to stay in that higher dream state and wait for dissolution of the whole greater memory. And they hold the blueprint of the whole greater memory. They reconstruct it after the complete dissolution happens.

So, where are they? They are probably somewhere higher in the universal memory. Otherwise, they won't be able to recreate it, they won't be able to keep a copy of it. So, a very wild guess.

And there are more liberated entities whose only job is to descend again and again, to come down in each and every world that is possible in this greater memory, or the universal memory also, to spread knowledge, or to simply help people to progress, evolve. Wherever they see an opportunity, they go down, take that form which is limited or which is just like the local form of organisms there. They teach them, they help them, they spread knowledge, they bring technologies and science down there when the time is right, and they disappear.

It is amazing because they need not appear in some body-mind machine form or an organism. They can appear as a part of the world. Probably the mountain peak sitting near your town is Bodhisattva. That mountain is a higher entity that is already liberated.

Now, we are probably crossing the boundaries of sanity here, but these are the stories.

And by simply being there in whatever form possible, they modify the whole memory pattern there, either causal bodies or the world patterns in the world. How will that

experience be? Probably, it's not possible to experience, but probably you will experience it if you can as a ball of light radiating the whole world with light, as a golden mountain that is providing a light made up of happiness and love to every creature in the world.

And yes, these all are symbolic now. There is no point in saying that this is how it is. No, it is all symbolic. It has been formatted to fit in a human memory, local memory. So, anyway, you'll know it directly when you become a Bodhisattva or liberated entity. You will come to know whether all these stories are true or not, only then, not now.

Rishis and the Guru Field

What else is there which is permanently residing in higher dream states? And we have stories again. There are group minds that are more or less permanently in a higher dream state. Probably they all do not come down most of the time. They are group minds of a really high status, and they are called Rishis. And the meaning of Rishi is probably those who hold knowledge. Their job is probably not to build worlds or maintain the worlds, but some can do that. Some of them can stay up there and do that. They maintain all these memory areas not because it is fun, because it is contributing to knowledge. They bring the knowledge down.

So, they can be identified a little bit because there will be one large group or even a small group. So, they are everywhere, actually. They are present in all the worlds, all the greater memory areas, whole universal memory.

So, when we combine all of these higher entities whose main purpose is simply preservation and dissemination of knowledge of all kinds, they are made up of knowledge, nothing else. There is no other desire there, there is no other energy there, and they create whatever is needed. So, when we combine all of these together, it becomes a field of minds, and we call it the Guru Field.

One meaning of the word Guru is big, huge, gigantic. So, probably this is the greatest field, this is the biggest field in the existence. The rest are more or less temporary. They come and go, all these worlds, universes, greater memory areas. They come and go. Probably for 99% of them, there is no creator, no maintainer, nobody. But the Guru Field is probably eternal. It never goes away. It survives the dissolution of the whole universal memory. How's that possible? We don't know. Do not ask.

Connecting to the Hierarchy

So, when I say anybody, any seeker can connect to the Guru Field, we are talking about this. This thing is very high up there, so usually human beings do not connect directly to the Guru Field. It is almost impossible. I do not say this usually because it is discouraging. We want you to believe that you are connecting to the Guru Field. It will be very rare, because there is nothing there to connect to, no individual, no sections, no departments. Nobody will meet you or call you, receive you, no reception. It is just a field.

Anyway, they have appointed their representatives. There is a hierarchy below the Guru Field, and usually any seeker on any spiritual path, they connect to their specific department and specific representative. They are also not individuals. They are Bodhisattvas or liberated or Rishis or whatever, or even something below them, like an ancestor, or like a guru that has reached high up in the hierarchy, but is still at the level of causal body. There are causal limitations there. You can identify that thing, that entity. You can call them gurus. You can drop the word "field" from the Guru Field now because it is slightly individual.

Usually, we connect to them. They belong to specific traditions, customs, and so on. For example, seekers on the path of knowledge will usually connect to gurus that are disembodied and they were on the path of knowledge.

What is their job? It's very difficult to describe their job, but mostly it is to help seekers progress on their path. They try to help. They sometimes manipulate the events in the physical world. Remember, for them it is not physical, for them it is like a dream. The whole death world is like a tiny lucid dream for them. They can do anything they want here, but their purpose is to make all these creatures evolve.

They do not do it by force. They are not fighting something. They are assisting in whatever is happening naturally. Evolution is natural. It is a property of universal memory. It is a law. So, they simply assist wherever it is needed, like when a child is learning to walk for the first time, they can fall, but their father and mother will not carry them the whole way, otherwise that child will never learn to walk. Whenever it is necessary, the parents, they help that child: pick that child up, tell him to go and get something, tell him to run to the toy, so on, encourage, and also if the child falls and starts crying, support, make them fearless. So, they are doing this, and we don't know how they do it, but they act in a very mysterious way. It is mysterious to us.

And yes, those who are in the field, they descend down, and in many times they take the needed form. They take a permanent incarnation, or sometimes even cyclic incarnations,

till their allotted seekers, they all cross over, they all evolve out of human birth cycles. They keep repeating the births.

So, that makes the story very encouraging. See if you find any evidence of these stories in your own direct experience, and let us know.

Other Unknown Fields

So, just like there is a whole hierarchy of the Guru Field, Rishis and Bodhisattvas and whatnot, there are uncountable entities that are residing in the higher dream states. There are more fields about which probably there is no knowledge, but they are doing their own jobs. They have their own motivations, agendas, plans, and probably we'll never come to know what they do, but it is impossible that there will be only one field in the entire existence. It is infinite, so there will be infinite fields, just like the Guru Field.

What do they do? We don't know. There will be more hierarchies inside them. They will never appear to us. Even if something like that appears, we'll never comprehend. There will be complete mismatch between the memory structures: no resonance, no knowledge transmission.

So, you can say that this idea of other fields is 100% hypothetical. We are simply extrapolating our ideas. There is no evidence. So, even if you go to the higher dream state, probably you'll never see the other fields, but you will learn about them. You will hear the stories from anybody who has ascended to that level.

So, probably one field can talk to the other field. They are in communication, they are interconnected because of the law of interconnectedness. That kind of knowledge comes down sometimes to lower forms. It is passed on. So, the higher you go in the memory areas, the stranger the stories become, and they become beyond our intellect.

Direct Witnessing of Universal (Akashic) Memory

So, one last example of the higher dream states is an experience of witnessing the universal memory directly. Anybody with sufficient power and intention can reach there, find out what this universal memory is. However, the whole universal memory will not become visible, cannot witness it, it is infinite. You will need to hold a specific intention to witness a tiny part of it, and that can be something in your own causal body that is a part of the Akashic memory or the universal memory. It can be something in the causal family, it can be something in some other world, or it can be some other higher entity, their worlds.

You need to provide a pointer, you need a very strong intention, and then the whole Akashic memory opens up as a record. So, sometimes it will appear as a library, sometimes it will appear as sounds, mantras, songs. The format changes according to the ability of whomever is requesting that information. Sometimes it will be like complete movies.

For example, you want to witness a historical event, you hold that kind of intention, you reach the Akashic memory, that will be a higher dream state. Now, you are not accessing any world or any non-rule-bound area or anything. You are interfacing directly with the memory, wherever that is, and that whole event plays out like a movie. Whether that is the true event or that is cooked up on the spot, we don't know. There's no way to verify all these things.

Probable Futures and Simulations

Suppose you want to know the future. It is possible by reading the Akashic memory, because it is timeless, it is beyond time. So, I don't know what kind of future will be shown, but it is mostly probable future, things that are most probable right now, but that can change obviously. So, the near future events will be more accurate, and the further you go in future, it will become less and less accurate, more and more fuzzy, cloudy. Again, no way to verify anything here.

Then another higher dream state involving the Akashic memory is simulation of situations. You have created a world, let us say, you want to know how that will evolve. Is there anything interesting there? What are the prospects? You let it go, that simulation, in the Akashic memory. It will simulate it just like any computer simulation, and you can see what will happen to that world. The whole world can be simulated.

And if you can simulate the whole world, you can simulate one country, a few people, or just me, and check what happens. All these scenarios can be played. So, usually human beings are mostly interested in themselves. They go and check in the Akashic memory if they can, "What will happen to me? What events will happen? What diseases will happen? How will death happen? What will happen to other people after me?" and so on. That is all Akashic memory in my opinion, and it provides some answers sometimes.

You need to be a very powerful practitioner to achieve this kind of inquiry. It is like a database: you go and enter your query, it will give you some data in some format. Whether it is right or wrong, whether it is correct or not, nobody knows.

This memory is probabilistic. Nothing is certain there. Even the past is probabilistic. The near past will be somewhat accurate, sharp; the deeper you go into the past of some

specific world, for example, the more fuzzy it becomes. So, the next time you go and do the same query, probably you'll get some other answer, some other information, because it is probabilistic. But if you are querying about just yesterday or last year, you can get some consistent, repeatable answers.

Memory Is the Manifestation

But yes, it stores everything. How can it store everything? It is everything. It is not that all these worlds and entities and fields are separate and this Akashic memory records, the database, is somewhere separate which is storing all the events. No, it is not like this.

The memory is the manifestation, manifestation is the memory. Whatever is appearing is memory.

So, only probably the method is different. The method to experience universal memory is somewhat direct here. Some people can do that. It is possible to read the Akashic memory and get a direct knowledge: no drama, no movies, no sounds. Knowledge appears as intuition in the practitioner, and we call them magicians, tantriks, masters, or people with paranormal abilities, and so on. Sometimes it can happen.

Conclusion: From Stories to Direct Experimentation

So, in conclusion, I can say that, as I promised, it has become stranger and stranger to the point that I'm laughing at myself while talking. It is completely beyond understanding now and it is completely beyond description. It was fine till we were in the domain of ODS, LDS, and even the projected states are somewhat understandable, but now I actually give up.

So, we have left nothing to talk, but to conclude, and you will be left wondering here, "Is there anything higher than higher dream states?" And the answer is yes, because it is infinite. There is a possibility of even more states of the memory.

So, the only thing we can do is explore more. Even stories are okay at this stage. Stories are not bad. Believing these stories as the final truth is stupidity, is not good for any seeker.

So, we start with stories, then we go up one step and learn about the theories, hypothesis, which are simply imaginary. Then we go one more step and we experiment. We experiment in that direction, try to get an experience of it.

So, the only thing that can go wrong is you believe all these things without experiencing or without even trying. The miracle is, if you start trying, all kinds of assistance and help starts

coming. You must have guessed it: this is the job of the Guru Field. Those who try, they are given everything, their success is ensured. Those who don't, it's perfectly okay, nobody minds. It is good for entertainment also.

But yes, if you want to know if there are more states, what is higher than this, the only way is to experiment. Experiment, share your knowledge with everybody, and keep telling the stories.

Thank you for listening to Pure Experiences.

Useful Resources

The Path of Knowledge Portal

<https://gyanmarg.guru>

The Essence of Knowledge Program (Free and Online)

<https://gyanmarg.guru/eok>

More books and articles

<https://gyanmarg.guru/ww>

<https://gyanmarg.guru/books.php>

States of Memory Video Series

<https://www.youtube.com/playlist?list=PLQH41ckWLitQ>

Laws of Memory Video Series

<https://www.youtube.com/playlist?list=PLWKBCXU2oaNU>

Laws of Memory : The Book

<https://gyanmarg.guru/ww/view.php?id=73789455&con=99359299&lang=en>

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