

The Doctrine of the Dream-State

The Third doctrine, concerning the Dream-State, consisteth of four parts: Comprehending; Transmuting; Realizing the Dream-State to be *Māyā*; and Meditating upon the Thatness of the Dream-State.

Part I: Comprehending the Nature of the Dream-State.

The first part, Comprehending [the Nature of the Dream-State] compriseth three practices: Comprehending it by the Power of Resolution, Comprehending it by the Power of Breath, and Comprehending it by the Power of Visualization.

Practice 1: Comprehending it by the Power of Resolution. With respect to the first, Comprehending it by the Power of Resolution, that which hath been called ‘the initial comprehending of the dream’, referreth to resolving to maintain unbroken continuity of consciousness [throughout both the waking-state and the dream-state]. In other words, under all conditions during the day [or waking-state] hold to the concept that all things are of the substance of dreams and that thou must realize their true nature. Then, at night, when aout to sleep, pray to the *guru* that thou mayest be enabled to comprehend it. By meditating thus, one is certain to comprehend it.

It hath furthermore been said [in this connection]:
‘All things are the results of causes;
They depend wholly upon resolutions [or motives].’

Practice 2: Comprehending it by the Power of Breath. In the second practice, Comprehending it by the Power of Breath, the methods are: Sleep on the right side, as a lion doth. With the thumb and ring-finger of the right hand press the pulsation of the throat-arteries; stop the nostrils with the fingers [of the left hand]; and let the saliva collect in the throat.

Practice 3: Comprehending it by the Power of Visualization. The third practice, Comprehending it by the Power of Visualization, consisteth of these processes: the Visualization Itself; Deriving the Greatest Benefit from the Visualization; and Preventing the Spreading-out of the Dream Content.

The Visualization Itself

In the first, the Visualization itself, the method is as followeth:
Thinking that thou art thyself the deity Vajra-Yogini, visualize the throat psychic centre the syllable AH, red of colour and vividly radiant, as being the real embodiment of the Divine Speech. By mentally concentrating upon the radiance of the AH, and recognizing every phenomenal thing to be in essence like forms reflected in a mirror, which, though apparent, have no real existence in themselves, on comprehendeth the dream.

Deriving the Greatest Benefit from the Visualization

In the second, for Deriving the Greatest Benefit from the Visualization, the method is as followeth:

At night fall, [strive to] comprehend the nature of the dream-state by means of the visualization just described above. At dawn, practice 'pot-shaped' breathing seven times. Resolve [or try] eleven times to comprehend the nature of the dream-state. Then concentrate the mind upon a dot, like unto a bony substance, white of colour, situated between the eyebrows. If one be of plethoric temperament, the dot is to be visualized as being red of colour; if one be of nervous temperament, the dot is to be visualized as being green of colour.

If by these means the nature of the dream-state be not comprehended, then proceed as followeth:

At nightfall meditate upon the dot. In the morning practice twenty-one 'pot-shaped' breathings. Make twenty-one resolves [or efforts] to comprehend the nature of the dream-state. Then, by concentrating the mind on a black dot, the size of an ordinary pill, as being situated at the base of the generative organ, one will be enabled to comprehend the nature of the dream-state.

Preventing the Spreading-out of the Dream-Content

Preventing the Spreading-out of the Dream-Content hath four divisions: the Spreading-out into the Waking-State, the Spreading-out because of Fatigue [from the Exercises], the Spreading-out because of Physical or Mental Affliction, and the Spreading-out into Negativeness.

The Spreading-out into the Waking-State occureth when one is about to comprehend the dream, in virtue of thinking that it must be comprehended, and then wakeneth up. The antidote for this is to eat nutritious food and to perform bodily work [or exercise] until fatigued. Thereby sleep becometh deeper; and that cureth it.

The Spreading-out because of Fatigue occureth when a dream recurrereth frequently without any change of content. The antidote here is to meditate often upon that dream and to resolve most firmly to comprehend its essential nature; amalgamating in the process the 'Pot-shaped' breathing exercise with the visualization of the dot between the eyebrows.

The Spreading-out because of Physical or Mental Affliction occureth when one dreameth many dreams and recollecteth nothing of them upon awakening. The antidote here is to avoid pollutions and impurities, to take the Initiation of *Samadhi*, and to visualize the dot as being inside the root of the organ of generation. Thereby this spreading-out will be cured.

The Spreading-out into Negativeness is the disinclination of dreams to come. To overcome this, visualize, whilst meditating upon the 'Pot-shaped', the dot as being in the root of the generative organ; and, in particular, worship with propitiatory offerings the *Viras* and the *Dakinis*.