

## GHUME KE JAGE- First Part



Shree Shree Thakur Balak Bramhachari Maharaj

**“WHO IS AWAKE WHILE ASLEEP”**

*“Hello, Traveller! Please do not waste any moment”*

# “WHO IS AWAKE WHILE ASLEEP”



**To your Holy feet -Thakur**

**Dedicated to our Beloved Babun Bhai**

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## **“WHO IS AWAKE WHILE ASLEEP”**

What steers a car for its locomotion? The progression results due to the “steam-work” which powers the engine. Again, when the car halts temporarily, the “steam-work” continues to power, even though there is no movement. The “steam-work” is always active and under no circumstance it stops or waits for anyone.

The mellifluous order flows in such a balanced manner, amidst the interminable philosophy of the universe and inside every atomic and sub-atomic constituent of the constellation and within the harmonious torrential deluge, as if a latent power always working beneath. This power manifests as “movement” within every material. This movement moulds and shapes life itself, redefines its form and features leading through the path of continual flow of change.

When a fan is running, a source of energy powers its motion; however, when the fan is unplugged, the source of energy remains but the external manifestation is not there. Similar “steam-work” or energy consistently is functioning in our brain or mind. The brain or mind is never inactive. But, it is not easily discernible. When someone works strenuously in conscious state, it is easy to perceive the presence of the steam-work. However, it is rather difficult to realise the continual working of the steam-power when someone is asleep. But what does the DREAM indicate that we see while we are asleep? What do we understand from this? Sleep is nothing else but a condition of death. Every day, all of us, cruise through the path of death while asleep, though for a short while. Through this DREAM during our sleep (unconscious) state or temporary death state, we are being informed that there is existence of life beyond death. This is not a figment of imagination, but a reality, proven with evidence.

Numerous articles, books and scriptures have been written on what exists and what does not persist after death. So many philosophers and orators have discussed and debated on this topic but were unable to reach any conclusion. The ceaseless eternal mystery has remained shrouded in mystery, and no solution has been reached till this day. However, through the dreams that we see in the course

of our sleep, Nature has indicated that there is something beyond death. Given that there is something beyond death, have you been able to explore what is there or how it is there? Whatever is there has remained yet unknown and still remains in astray. Though it is not known to a great extent, it cannot be labelled as completely unexplored /uncharted. Though the body remains as corpse during sleep, the mind continues operating. Under such circumstances how the mind is functioning is a different discussion, but we cannot postulate that the mind is *not there* during the sleep state. Hence, it is not that there are no evidences and thus, it cannot be assumed that nothing will happen, or nothing happens, or nothing can possibly happen beyond death. In some way or the other, Nature, foretells or keeps indicating (us) about this in its chronicles.

Everyone reaches an age when it is difficult to recall things that happened in the past. However, this does not mean that those things did not happen (that means we cannot negate or invalidate the existence of those earlier events). Living beings passes through many stages from conception to birth. From there on it grows up. However, today, you are not being able to recall any of those stages that you have passed through. Why is this lapse of memory taking place? You should not have forgotten – but you have actually forgotten. Just because you have forgotten does not prove that you have not traversed through these stages.

A 2-3 day old child is surely able to see and hear, but they fail to clasp those impressions. When the child grows up, the power of understanding it exhibits, was embedded within it when it was a few days old. Thus, it can never be stated that just because the infant is unable to exhibit its maturity it does not ascribe to the power of comprehension. The child also has the capabilities, however, it seems that the mind-ways are floating or is in an arbitrary state.

It is natural that a person who is asleep will remain in sleeping state. However, during the sleeping state, so many things do happen in dream. In dream you go visit places, converse, urinate, roam around, but in reality you lay on the bed. It has been observed that in some cases you dream that one has passed urine and when he awakes, he finds he has dampened his bed. You swim in your dream and find that you have caught a cold when you become conscious. I am not going into

that discussion now on how this transpires. I would like to say, that you are speaking and wandering. I do not consider this unreal or fallacious. These are all genuine. If you consider dream as unreal or not genuine, then the events observed in the dream would not occur in reality. If dreams are fictitious, how come you relate the same in real world? Observe, after you wake up, you yourself relate that “last night, in my dream I met my father, then I went to my village where I passed my childhood memories and met my school teacher. He blessed me. Then I had lot of cookies at the sweet shop of Bhajahari. All of a sudden I saw a snake chasing me and I am running away. At that point the dream suddenly dissolved and I awoke.” If whatever you have seen in dream is completely unreal, how could you remember and describe the events with precision once you are awake. Do you have the right to dismiss this as just a dream? **I have said earlier that sleep is form of condition of death.** So you see, in this death-like-sleep state you had continued to work. If you had not visited several places and had not met several people in your dream, you would not have been able to relate it once awake. This ability to continue working while one is in sleep state – is noteworthy and very significant. This gift of Nature is so profound, it is hard to fathom.

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

There is no deception that you are able to tell what you have dreamt. You distinctly remember that you were having cookies at Bhajahari’s sweet shop. You may even remember the type of cookies that you have had. How do you remember? How are you able to relate after you wake up? This needs deep

deliberation. I have already mentioned that through this what Nature is trying to convey. Turbid water can be purified to crystal clear by passing it through active charcoal. The mind is treated in similar way through the dreams. In awoken state (**conscious state**), your intellect and judgements are constantly impacted by the realities of life which prevents mind to achieve all that it desires. Thus, it becomes difficult to rise above the doubts or tribulations and work with clarity and spontaneity. But when asleep, the mind can fly across the sky, unbridled. At that time, whatever you think without impediments as-if translates to reality. In such state of mind you can walk over water, or fly in the air, or do anything you desire. Nothing can prevent the mind from doing anything in that state. It is as-if the turbidity of the mind, laden with the doubts and tribulations of awoken state, attains purity through the filtration via dreams and in that crystal clear state aligns with the speed of the Nature, and on its own flows along with the unbridled speed of the Nature. The mind frees itself from the prison-like-body, and as a free bird, it flies around the free sky with spontaneity. The minor entity of the awoken state, through dream in sleep state; can possibly feel its potential enormity and vastness, even if for a brief moment. Hence, sleep is like temporary death and sleep is like a meditative state. One can return to awoken state from sleep meditative state, however, that is not possible one you reach death meditative state. If you accumulate a year of sleep state into a moment, it will turn into the death state. At that moment you are not there anymore. When someone faints or dreams or experiences delirium does the mind have its entity presence in the body similar to when in awoken state? In this state the mind is partly removed from its presence within the body. Hence, he does not remember or recollect all that happens in that state. In meditative state one does not necessarily remember all that happens.

Dream happens in sleep state, however, if the dreams from the 365 days of sleep are consolidated as one, where would the person's dream reach? How will the dream of that sleep state be that we usually refer as "death"? The thoughts within the everyday dream **remain in fluidity; it cannot solidify** into a solid form like ice. Hence, we cannot experience a coherent form of it. The events that we perceive in our dreams remain uncorrelated and haphazard. Often we find no

common thread that binds these events. But do you know what happens to the consolidated dream from the 365 days sleep as it emanates from the body? When the temperature falls to zero degree, the water in grasses, leaves, rivers, ponds, or anywhere around solidifies into ice. In similar way, the dream that happens at death is able to see his corpse but is unable to re-enter the same. That dream which was fluid in sleep, solidifies on death. At present we are dreaming different events, however as it cannot solidify, hence the life is unable to respond. The day you can provide 365 days of response in one day, it will solidify. Consolidation of 365 days of sleep is death. The dream of that sleep (death) state will solidify and would not be able to re-enter the body. Post death one would remain in that solid state. Thus, **this is the irrefutable blazing example truth that there is something which transcends/surpasses death.**

Based on the incontrovertible evidence that we can remember the dream that we see during sleep state of everyday, this concept of solid state is introduced. I would like to state that it is not significant what you have discerned in your dream. I am imposing importance to the fact that you can remember the events that you saw in your dreams after you wake up. If one could never remember the dreams one saw in their sleep, I would have completely negated the postulate. On waking up, the events that happened in your dream during sleep state is as-if making you aware and telling “see how you are tossed around post death.”

During sleep you are conscious, as well as you are conscious when you are awake. If the consciousness level during your sleep state can be united with the consciousness level of your awoken state, the events and activities that seems to be impossible to perform during the awoken state, can be easily executed in your awoken state. Between the solid state attained post-death, (and your current state), the death acts as a sieve. Ultimate state of sleep is death.

Everybody dreams. What does this dream indicate? Dream indicates that every day you are waking up as conscious being after deep sleep, i.e. every day, after temporary death, you gain consciousness once you wake up. Moreover, while asleep, you were conscious and after you wake up you can remember that . This is phenomenal! This is a great gift of Nature! Unless there is consciousness after

death, one would not have been able to recollect about the conscious state while asleep after waking up. None of this what I said is untrue or **fabricated**. All can be derived as a mathematical calculation. That one is conscious while asleep is clear from the dreams one see. Otherwise, one could not have remembered what one saw in the dream. That you can remember about meeting your late father in the dream, what does that signify? It is as if Nature is telling us, “hi traveller, please do not forget where I perch you while you are asleep.” This is a great miracle for everyone. While you are in death-like asleep, but you cannot deny that there is so much toss-and-turn happening with you. The events in the dream could be impossible of untrue, but that you can remember it once you wake up, and may be feeling sentimental on speaking to your late father, all goes to prove that after your permanent sleep (death) you will remain conscious. So, when the final sleep, that we consider as death will come, will everything conclude there?

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

What has been referred to as “Aubangmanasgochor” (অবাঙমানসগোচর) in scriptures and ancient philosophies has not been solved yet. However, Nature has not played any hide-and-peek behind the garb of “Aubangmanasgochor” with anyone. Nature, in a very transparent way, has kept its doors wide open. Nature beckons all and tells, “Hi traveller, know thyself. You have within you the priceless gift, explore it.” If you are unable to find it within you, is it Nature’s liability by any means?

The sleep is a great gift of Nature. You may not be able to appreciate this gift, by which, you can dose off and fall asleep easily; sleep in itself is a type of meditative

state. It is by no means “ordinary”. Someone is snoring off in sleep, but is blissfully wandering and wandering around in fields and meadows in one’s dream, unperturbed. How can you elucidate this state?

The consciousness is alert in your sleep, just like the car engine in indolent state has its steam-work running, similarly even in death the steam-work keeps running. If the “steam” (referred to as life or consciousness) had not been there, change would not have been taken place to the body after death. Existence of “steam”, or rather lack of it, results in the decay of body to the elements in natural course. Maggots form in the dead body. Any transformation indicates that the steam-work is running, and the consciousness is at play. The eyes, mouth, ears and brain is but light, air and water. This steam is also not without the steam referred earlier. This steam keeps the ship warm. Hence, no other substance is needed. I would like to always refer to the chronicles of Nature and the mathematics thereof.

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

With age, hairs turn grey, and then fall off. In parallel the mind matures. Nature desired us to be aware of our maturity. Nature wants us to understand if we are maturing well, graduating to frozen or solid state. Now you are unable to solidify in your dream, but once you solidify you would realize that “I am presently here, and also co-exist millions of miles away.” Once you can transform to the solid state, you will be able to go anywhere, do whatever you want to do according to your desire. There will be no issue. You will feel that to be the easiest thing to do. If you are able to do field-work, the dreams will consolidate and solidify. This is called meter-work. If you can undergo this transformation, i.e. unify the state of the mind that is attained in dream when asleep, with the mind when it is awake, your confidence will increase manifolds. In that state flying in air, walking or running on water, all would be possible. All impossible tasks will seem to be possible. The concentration of mind increases greatly while dreaming, hence, if you can continue that state of mind when awake, many things become possible.

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

Think for a while how each one of our own self (mind), at every moment, is responding to our personal queries. We are constantly talking to ourselves in the form of questions and answers. We are not distinctly aware of this but our mind is constantly doing brain-work. This way Nature is making us aware that our entity (Atma), without us realising it distinctly, is in constant dialogue in the form of question and answer; amounting to it being completely separated from our body. You are a distinct entity separate but within your mortal body. That we are seeing or speaking, who it is who is seeing or speaking? We cannot identify that “being”. It is playing the theatrical part of us in its chamber. Even today that “being”

(referring to Atma as being) or sense or consciousness, though rests on you, is distinctly separate from you like mercury on a dish, it is not intermingled at all.

**Your true-self, which you refer as “yours”, can, in a moment leave your body without you being aware of it in any way. You cannot even perceive when it leaves your material body within fraction of a moment without your consent.** It partly manifests itself in dreams. The body is just the carrier. In itself the body does not serve any purpose. It is just a co-worker for the true-self. **That why once the true-self escapes out of the body, the body becomes purposeless.** True-self is the owner. Hence, eyes see, ears hear, tongue tastes, only if true-self is present. The body itself does not “own” anything. If body truly owned anything, one would not have been able to see by transplanting parts of eyes from others, or would not have been able to function with transplanting of heart or lungs. So, does the body have no purpose at all? The numerous forms and manifestations of this infinite universe are absolutely unnecessary? **Is it even possible that these numerous manifestations of universe do not possess the supreme gratification of its entity?** What does the changes and transformations from one form to another indicate? Space, with all its emptiness, itself wants to solidify through forms. As if, the emptiness is announcing through the forms “may I draw a solid shape using these forms.” It is hosted within the body as if with a sole purpose of it to take a form and acquire that transformation and solidification. Emptiness, in form of Sense, is sitting in its own chamber, with batteries fitted to its eyes for it to observe, and fitted to its ears for it to hear. It manifests itself through queries and responses, discussions and deliberations. Although it is situated in your body, it possesses a completely different identity. To bind or engage the true-self is beyond all techniques and technologies.

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

The entire universe is living. How life emanates from this emptiness? This emptiness is “sense”, it is consciousness. That is why the universe is filled with consciousness. This “sense” desires to freeze and solidify. Nature continually indicates about this process of solidification. Hence, everyone “wants to be good, wants to eat well, wants to stay well.” In other words everyone wants some satisfaction, some peace. Everyone wants freedom from turmoil, pain (dejection and desolation). All of these are materialistic approach. In its path of becoming “solid” it stipulates this approach unconsciously. Have you ever pondered which universal tune drives them to seek satisfaction, harmony and peace? This is the internal tune of each individual. Within every material, knowingly or unknowingly, there is an inherent hurry to attain such peace and in this desire the “tune” arises from time and again. In their lifetime, everyone is trying to solidify this tune, in their own way. Hence, every one desires “peace, satisfaction, happiness, healthy and good living.” All desire to live peacefully but no one will live forever, all will have to go (die). Your father, grand-father, all have gone, you will go as well. No one can be brought back. Why is it not possible to bring back? The milk is created here from the water-hyacinth. Hence, that milk is not yielding any butter. After a lifetime of pain and sorrow, the soul departs. The solidification does not happen. All are engaged in work that does not yield butter, and hence they cannot solidify or consolidate. They cannot consolidate throughout their lifetime. Nature is trying to point out and tell “Observe and learn. Do not waste time. Study the chronicles of Nature and follow it and row in-step with it. If you succeed, you will be able to consolidate your true-self like butter (from milk) in Nature, and travel wherever you desire.” **Then you can easily exist gracefully amidst the bosom of the nature with your solidified entity** (butter from milk). The ultimate desire of each one of us in this life of desire and want is to attain the infinite peace, and this is the only path to it. **The ultimate aspiration and the perpetual endeavour to accomplish that ultimate tranquillity can only be achieved through this path, this is the only path.** You have been collecting the sea shells on the beaches of the ocean of life; did you manage to get any pearls yet? Hello traveller, wanderer, you would not be able to attain the ultimate peace in this way. This is not the path which will lead you towards that ultimate world of serene. Our heart beats and makes Lub-Dub sound; the Sun also makes similar sound – the “desire for ultimate peace.” It

is not the ideology of this material world. This desire is not confined to us, here. This desire for ultimate peace is found everywhere universally, and found within each entity – it is a message from “there” (universe) too. This is a message from the far, a signal from the deep. If our heart is attuned to the beats of the transparent and pure tune of the Nature, then it need not get entangled–and immoralities over here. This message is not from here, and I am not fabricating the words and saying it to sound like an expert. The tune within us is constantly echoing these words. Crafted words would not have stood the test of logic, could not have been accounted for authentication. But these words have been proven with proofs of reality proven with corroboration of testimony. How much you try to camouflage or hide, this tune will express itself knowingly or unknowingly. If a Muslim is disguised as a Hindu, at the time of death, the word “Allah” will emanate automatically, not “Bhagwan.” Similarly, with all your creature comforts and earthly desires for such comforts, you remain unhappy and will remain insatiable and restless throughout you journey. Thus all remain desirous of ultimate peace. Through this, Nature is trying to remind you in very many ways about the light, about the Sun God.

**Even after being so much privileged, everyone remains unsatisfied, unhappy; and all regret and feel disconsolate or dejected; all these are talks about the emptiness; all these are enunciating that desolation.** There is contentment only for a moment and then again feel unsatisfied/abandoned/deserted. Thereafter none of the satisfaction is permanent. Close and near ones, break the bond of love (affection), die and go away. They disappear into the emptiness, departed with the nothingness. There are no Gods or Goddesses. “Something” emerges in this “nothingness.” The absolute fullness manifests in this profound emptiness. That’s why every arrows which have been inscribed in our several body parts, leading or indicating us towards that greater and bigger disposition of Nature. At every turn where there is chance of problem, there are such arrows of warning. In this journey those arrows serve as or considered to be admonition wherever you feel the possibilities to get threatened. Nature is also continually providing direction. All directions are for us to reach the destination. In the life form, the instinct of individuals’ acts as the arrow of the Nature It needs to be understood

and make progress. Still, the impacts and impediments that we face while making the progress, the differences in senses that we encounter, these differences help us to develop our senses. It is for this; the consciousness is provisioned and sealed within each one of our inner-reasoning (Bibek), naturally. Any action that you do violates the “inner-reasoning”, will fail to reconcile. Your actions that are driven by greed, attraction, and fascination are leading to you towards that down fall; it fails to maintain harmony with the tune of Nature. On the other hand, if your “inner-reasoning” is in tune with the tune of the Nature, you will be able to consolidate, solidify. Nature is always letting us know “to do this, to do that”. We are all able to understand if we are doing it right. Yet, we let our greed, attraction, fascination overpower us and end up doing what we desire. As we fail to pay heed to the “inner-reasoning”, we fail to receive responses from the “inner-reasoning.” That’s why we cannot consolidate, solidify.

Every form in Nature is built up of numerous elements. The sweets and “rosogolla” that you are happily devouring, where has that come from? All has come from the cottage cheese. The cottage cheese has processed from the milk. The milk that comes from cows udders are built with the blood, muscles, sperms, grass, air, light, water, etc. with the amalgamation of so many things. In a similar way everything in Nature takes shape. Nature always desire and tell, “Bring me to a shape.” Starting from human body to any living form, the body is an instrument for providing a form to the emptiness. This is the only instrument that can subjugate the shape of the emptiness. Emptiness is void; if it evacuates there is nothing to hold on to. But if we can decipher the chronicles of Nature, and follow its directions closely, it is possible to capture the emptiness. The air comes from this emptiness. Again, water has the air dissolved in it. You can hold the air. But if you freeze the water, the air dissolved within the water is solidified, locked. This way the consciousness that manifest across the universe, that sense is taking shape and is solidifying. This sense is merging with the sense of the “inner-reasoning” and like an essence spreads across. Those who can play the chords of their veena-like-body instrument (Deha-veena-jantra) appropriately, and can lead a life following our “inner-reasoning”, the desire or will to be overpowered by the greed, attraction, fascination attenuates; these desires does not remain for long.

When the sense itself solidifies, then the acts of speaking, movement, having tasty food, all solidifies. If you can solidify once, whatever you are experiencing here will have analogous symptoms, when you reach “there” (beyond death). Here, you are able to go from one room to another at your will; there you will be able to go from one planet to another at your will. Whatever happens “there” is reflected here. Here you are able to do everything leveraging your consciousness and sense. You are performing your duties, serving your responsibilities towards others, exchanging pleasantries with others, welcoming guests, etc. Providing food to your kids though you may remain hungry; protecting your family and your children. All you are doing are being done by leveraging that “sense” of yours. If you are able to solidify and freeze this “sense” of yours, then your inner-ability will increase by millions of times over. If you can solidify and lock the emptiness, you will be able to move around from the Moon to the Sun, from one Constellation to another with ease. Your shape, your inner-reasoning, will remain preserved as you move around. If needed you will be able to guide yourself, the shape and form will remain under your command and you can do whatever you desire. All work can be accomplished through those senses. The emptiness can only be solidified using this body-instrument. At that time you would be able to realise the infinite power of you small body-instrument. Hence, you need to consolidate, solidify, do whatever you can, while the body exists. You are able to scratch yourself with your own hand, you can feel yourself. It is as if you are able to see yourself. Think – how great this power is! You are unable to appreciate it because you are getting it effortlessly. Nature, through its ways of warning is able to inform you **“Hello, traveller! Please do not waste any moment.”** You will have to leave behind everything. Why are you wasting your time on something that will perish? Try to extract the essence from the whole. Try to solidify the sense. Play the body-instrument in tune once and walk along to get attuned with the “inner-reasoning.” In doing so, you will be able to unchain the birth-death cycle forever and successfully accomplish the real purpose of creation itself.

