

# Waith Class Transcripts Excerpts

## SLEEP AND DREAM STATES (ALTERED STATES OF CONSCIOUSNESS)

### 1987-1996

- ∞ [The Issue Of People, As Seen In Your Dreams](#)
- ∞ [Can This Information Also Come In Other Sources, Such As Dreams?](#)
- ∞ [Sleep Is An Altered State And A Form Of Meditation](#)
- ∞ [Someone Has A Dream Which Is A Past-Life Recall Of Another Cleansing Time](#)
- ∞ [Going To Other Dimensions While In The Sleep State](#)
- ∞ [Would The Sleep State Be Another Dimension For Lesson Learning?](#)
- ∞ [Waith Discusses How The Earth's Weather Changes Can Affect Us In Many Ways](#)
- ∞ [Someone Questions An Experience With The Sleep State And Not Being Able To Remember](#)
- ∞ [Not Being Able To Sleep Due To High Energy Areas, Or From Racing Thoughts](#)
- ∞ [When You Have Racing Thoughts And Cannot Sleep, Use It To Your Advantage](#)
- ∞ [The Sleep State Is A Form Of Meditation ~ And Dreams Can Highlight Issues That Need Work](#)
- ∞ [Altered State, Known As The Dream State](#)
- ∞ [It Takes A Certain Meditative Ability ~ You Can Control Your Dreams](#)
- ∞ [Before Going Into The Dream State, You Should Surround Yourself With Protective White Light](#)
- ∞ [Your Dreams Are Specific To Your Path And Only You Can Interpret Them](#)
- ∞ [Can The Dream State Just Be An Overactive Imagination?](#)
- ∞ [Recurring Dreams](#)
- ∞ [Is There Any Way You Could Tell Whether A Dream Was Concerning A Past Or A Future?](#)
- ∞ [Can You Dream In Color? And If So, Is That A Dream From Your Guides?](#)
- ∞ [A Discussion Of Someone's Dream ~ A Premonition](#)
- ∞ [Does It Matter How We Are Aligned When We Sleep?](#)

*Waith's Words, and the Spirit Group's Words, appear in this font style  
(If a Spirit Group Member speaks, they will be identified)*

Class Member Questions/Comments appear in this font style  
(Multiple responses from the class are preceded with this symbol ☺)

## The Issue Of People, As Seen In Your Dreams (September 10, 1987)

I have had dream experiences where I have met people and remembered them. Are these dream people real, or are they figments of my unconscious imagination? Are some of these dream people actually people?

*The issue of people as seen in your dreams, whether in yours or others who dream, take on many forms. They can in fact be composites of people who you are encountering in your life on the earth plane now. They may in fact be spirits ~ souls who you are contacting, either at this end, or those who are on the earth plane who may have left their body and are coming to talk with you ~ and it would appear that you are in a dream state when in actuality you are out of your body also, and you are remembering this experience.*

Then, it was a person trying to stress upon me to get in touch with my Higher Self ~ that this was a turning point ~ and someone in my dream was stressing to trust my Higher Self?

*And who do you think that may be, my dear?*

Could it have been you or one of my guides?

*It was you, my dear ~ it was you telling yourself. You see, you have all this knowledge, and your soul is telling you to trust yourself. You see, your soul is a part of you. However, you have a conscious part of you that many times will work against the Soul ~ not you only, ALL. True harmony begins when your Conscious Self, your earth plane physical Self, works in harmony with the Soul, and this occurs through connection with the Higher Self. Many times, when we go into the dream state you are opening yourself. You will hear your Soul. Your Soul was telling you to trust and to reach the Higher Self.*

## Can This Information Also Come In Other Sources, Such As Dreams? (December 03, 1987)

*Of course, your dreams are sources of information. There is much that has been given about dreams and the value that dreams have. You can learn to tap into your dreams. They are yours. They are the tapping into your Higher Self. If you do this over time and practice it, you can learn about your prior life, any lives that you have had, you can do this through dreaming. I, without sounding redundant, would refer you to the information that Cayce has on dreams. He obtained this from The Universal Consciousness and is quite explicit and very, very factual in his discussion of dreams.*

*What each of you needs to learn to do, first of all, is to remember your dreams, as a beginning, and then, to learn to interpret what your dreams are, to use them as forms of meditation. You must learn to distinguish, in your dreams, between that which is perhaps a rerunning of a prior life and that which may be symbolic of a situation that you may be trying to work out. Dreams come in many forms and are always a source of information to you if you open yourself to them. The problem seems to be in two areas here, of entities remembering dreams, and if they remember them, interpreting them correctly. This works in conjunction with meditation, so that if you meditate, it will help you to interpret and remember your dreams. And as you open up yourself and remember your dreams, it will help you to meditate also. The two work concurrently.*

**It seems the longer I meditate ~ I mean years ~ it seems I have less dreams. Does that have any correlation?**

*For you, you have reached a state of meditation where you have the ability now to tap into your Higher Self and you can in fact, during meditations, regress, as the word is, to past lives. And your meditations now have become what others have as dreams. The reason that you do not remember dreams is that you are not having them very frequently. In fact, what happens now is that when you go into the sleep state you leave your body and you are traveling into other dimensions and learning other important information.*

*You see, it is dependent upon how you have developed your abilities. Meditation for you now is what dreaming is for others. You are learning a great deal when you go into the sleep state. You do not remember that you are leaving your body. This happens to many who have reached the level where you are. You may not, in this lifetime, achieve the ability to remember that you are out of your body, to be consciously aware of it. Though, you have ability in this lifetime to reach that state of seeing yourself out of your body and in fact being aware that you are in another dimension learning something.*

**How does the depth of sleep correlate to that?**

*The depth of sleep does not correlate. It does not have anything to do with whether or not you have left your body. There can be situations where you have left your body, and something as simple as the telephone ringing can bring you back immediately into your body and you quickly awaken. On the other hand, you can be very deep into the sleep state and still be in your body and maybe not even hear the telephone.*

**Is sleep a physical occurrence?**

*Sleep is a physical occurrence. Yes. And it relates to a level of fatigue that the physical body has. It also relates to the level of spiritual attunement that one has, the vibration of the entity, as to the abilities to go deeply, or not, into the sleep state. It is a rather complex issue. Your scientists have*

*made simplicity out of something that is not as they perceive it. There is much that is involved in the sleep state. And its importance, of course, is known for the physical rejuvenation and also for the spiritual rejuvenation, for whatever level your vibration is, is a factor in what the sleep state would do for the rejuvenation of the spiritual.*

**Then actually, the more we develop, the less sleep we need?**

*That is correct. Sleep, as with food, is a dependency, is a limitation, if you will, to the earth plane. It is a bond that one has to the earth plane, just as the others that I have spoken of, caffeine, alcohol, sugar, all of these addictions, if you will, so that sleep and food are from this dimension, referred to as addictions. And as you release yourself from addictions, one after the other, you free yourself from the earth plane. And so, sleep is one of those addictions.*

**I often feel that the only time that I can relax and meditate is when I am sleeping, because my day is always so hectic, that I cannot wait to go to bed, because I like to dream. Are you saying that I really do not need to go to bed like that to dream? That I can somehow find it ~ I do not know what it is I am asking. Do you have an answer?**

*For your particular stage of development, my dear, you are doing what you need to do. As I had just spoken about the entity here, the male energy who no longer dreams, you are at what we might say is the opposite end of The Spectrum. You are very much in need of dreams, and it will be a way in which you can help yourself to meditate. You are able to remember your dreams, and you have an ability to interpret your dreams. It comes from several lifetimes where you were highly developed in your psychic abilities, and you are awakening that ability. And so, you must go with what you are experiencing. Some might say to you that it is an escape mechanism. Do not listen to them. For it is necessary for you now at this stage that you go into the sleep state. It is going to help you to solve some of your problems. When the time is right, and you will know this, you will begin to meditate again.*

### **Sleep Is An Altered State And A Form Of Meditation (October 04, 1988)**

**I seem to get a fear that each time I go into meditation, it seems that sleep is haunting me. The more I am determined to ward off this sleeping, the more it seems determined to thwart me.**

*Farena: Why would you want to do this?*

**Because meditation is not sleep. Meditation is a different state, so there can't be room for sleep during meditation, by my understanding.**

*Farena: Not always, for sleep is simply an altered state. It is its own form of meditation. And when you find yourself going into meditation but feeling a heaviness, that you might perceive to be sleep, you must not fight it, for it is what the Soul is requiring. It is its own form of meditation. It means that your soul is requiring a deeper state of alteration. You must allow it to happen. Do not fight it, for meditation is what your soul intends it to be, not what someone else tells you it must be. And so, you must not go by that which others tell you, but rather, that which your own sense tells you. And if as you go into a meditation, you feel that you might fall asleep, allow it to come. Do not fight it. Oh, do not fight it. You will learn much from it.*

Farena, that has been happening to me as I try to write, which is my way of meditation. Lately, I have been falling asleep with a pen in my hand. Is that the same sort of situation?

*Farena: It is the Soul's response to information that is attempting to be given to you at a higher level. Remember that not all of the information that comes through to you is at the conscious level for you to know, be aware of, but rather, to go into your higher consciousness to be called upon at a future time at the conscious level, and if you do not allow your soul to filter through this information then it creates difficulties in the future.*

So, you are saying perhaps that I am getting information better through sleep?

*Farena: You are! Oh, yes, even though you do not remember, it does not mean that it is not there. It will come when it is needed. The Soul does this continuously.*

The sentences are up there then.

*Farena: Indeed.*

Farena, is there anything we can do to help us remember what we are learning?

*Farena: That which is needed for you to remember is what will come to you.*

At night I wake up and it is all fuzzy and I know it was something good. I cannot remember, and then go back to sleep, feeling that it is good again.

*Farena: It is an ongoing process.*

I have been told that it is your Higher Self reading the physical state of your body, and you need that sleep more than anything. Also, upon awakening, to meditate for five or ten minutes before getting up. You will feel much more refreshed. However, you allow yourself to sleep because you really need it.

*Farena: Yes. Yes, as you learn how to sense that which your soul sends out to you, you will have the understanding of what is needed, and you will respond accordingly, so do not fight that which the Higher Self presents to you, for it unlocks the Soul memories, which is what it is all about, isn't it?*

**The contradiction arose because meditation is not to be confused with sleep. It is not to be mistaken. In other words, the person must sit, with back erect, and not with a drooping posture.**

*Farena: This is not entirely correct, my dear. Sleep is a form of meditation, and the position that one takes in going into an altered state is that which is necessary for that particular soul's path. What is right for one is not necessarily right for another. There are no edicts. There are some positions that, as one approaches a certain level of awareness, prove to be more beneficial, the aligning of the Spiritual Centers. However, it is not always for each individual. It depends upon where they are. Remember that meditation is simply an altered state and that there are many, many, many altered states, and sleep as defined by one, is not sleep as defined by another. Altered state ~ that is what we deal with.*

### **Someone Has A Dream Which Is A Past-Life Recall Of Another Cleansing Time (November 22, 1988)**

**I had a dream that I think was concerning The Shift. I remember a feeling of fear or panic, and then I remember a feeling of control and of getting things organized. Would you comment on this?**

*You were having a past life replay. You have been in several cleansings. You have manifested at the time, for the experience of it and the growth that naturally comes with that time frame. And, what is happening at your Soul Level is a balancing of the feelings, for you. The first time that this happened ~ you have gone through three cleansings ~ and the first one you were absolutely terrified and ended up not staying for the complete cleansing because it just affected you so much, even though you were vibrationally able to stay for that particular cleansing. This was, oh, four hundred thousand years ago. And then the second cleansing that you came in, you felt a little better because you knew what to expect and you were preparing yourself, and you felt a little better control, and not the fear, and you did stay during that entire cleansing. And then the third cleansing that you went through, you had an even better sense of it, for your soul memories were strong and you felt a greater sense of what it meant, that it was not destruction but rather rebuilding.*

*And so, what occurred was yourself talking to yourself about the upcoming cleansing, and you were actually cleansing your own soul memories so that you would not have any residual fear for the upcoming cleansing, and that you will see it in its true perspective, and that you are now a part of a community that will be assisting others in the cleansings. You were always a part of a community but you were being helped by the leaders in the community in understanding what*

*was going on. You will now be one of those who will help those that do not understand. You are ready to take your place at that realm, and you were just getting rid of some garbage.*

## **Going To Other Dimensions While In The Sleep State**

**(February 07, 1989)**

*We are feeling a vibrational, oh, shall we say, fluffiness among all of you now. It is difficult to exactly describe that which we are seeing, sensing, but that there is a feeling among a good many of you of ~ it is not really to say unrest, but rather, searching, that is creating a sense of uneasiness for some of you in your vibration.*

*If you feel as if you do not belong where you are now, that you would rather be somewhere else, do not worry about this, for it is a common experience when you are on the earth plane, that as you become aware of the other dimensions as acutely as some of you are, that there will be, of course, the desire to be in other dimensions, and this is not to concern yourself with. It will come and go for you, as you experience this manifestation. You will have periods of time when the longing will feel greater than at other times.*

*This is simply part of the attunement that occurs as you move from one phase to another. You will experience this throughout the manifestation. Some of you will not understand of what I speak, at least at this time, for it is not in your realm of experience. But there are a significant number of you who are having this feeling.*

*And Mushiba has been given some assignments in the recent earth plane weeks, to go to you while you are in your sleep state and to show you certain dimensions that you will be going to upon completion of this manifestation. These are new dimensions to you, and she is showing you these so that the Soul memories will begin to implant themselves. And thus, do not feel distressed by having to be here on the earth plane as you would visualize it. For it is the wink of an eye, as you might say.*

*A part of your lessons to be learned on the earth plane, is to be able to exist on the earth plane manifestation with the full awareness of that which is outside of the earth plane, knowing what else is there for you, being able to take the beauty that is given to you during these visits that Mushiba brings you into, and translate that beauty into your own manifestation, for you will be given much information and insight during these visits, and it is for you, then, to take this and use it in the physical, to take the essence and the sense that you receive from it and apply it to your Mission of Service.*

## **Would The Sleep State Be Another Dimension For Lesson Learning?**

**(April 17, 1990)**

*Indeed, it is, my love. The sleep state is another dimension. It is an altered state. The earth plane to some dimensions is an altered state. ☺ We throw that one out to you for future discussion. We have much to tell you, and we have much time to tell you. We are in no rush to tell you everything, nor could you comprehend at this time everything that we have been assigned to tell you. Understand that we have been assigned to tell you very specific information, and not all that is.*

### **Waith Discusses How The Earth's Weather Changes Can Affect Us In Many Ways (August 07, 1990)**

*We send to you in this session a very special energy that is meant for protection and a sense of wellbeing for the coming time frame that will be presenting some unusual weather patterns. You have begun to see this in recent time, as measured on the plane. And we simply have infused out into the vibration an energy that you may call upon as you begin to, as we would say on the plane, fret a bit about the weather as it is, for remember that all that occurs now with the weather is a part of the movement toward The Shifting, and thus, it is most positive.*

*And when there are what you would call severe patterns in the weather, it is to be viewed with joy, for it is the earth itself cleansing and creating a higher vibration for itself. So rather than complain about that which may be inconvenient for you in the illusion, rather rejoice that the planet is moving itself toward its final moment of cleansing and higher vibration, just as you each move in the same direction of higher vibration through periodic cleansings.*

*For this session with so many beautiful lights we thought it would be appropriate to have an open question session in which we will answer the questions pertaining to Universal information. Of course, it is not a session in which we would address personal questions. Thus, we will not limit the questions to a particular topic but rather open-question time. Thus, we are prepared now for your questions.*

**In the past week it feels like there is a disturbance in the air. Is that it? Or is it just within myself?**

*That is what we have just referenced.*

**Would that also affect the sleeping state as well as conscious?**

*It would for entities who are at particular vibrational attunements. Those who have a greater sensitivity to the changing vibration of the planet would have disruptions in their own energy field, as we have presented in another time frame in session. Some would have a higher vibrational attunement, and therefore feel the Planet Earth's own changes more than another might.*



Would the earth changes cause abnormal sleep patterns, where it will wake us up?

*Oh, indeed they will. They will wake you ~ they will not allow you to properly achieve the sleep state. It will create for you times of what you would call sleepiness during the daytime. It will create, for many entities, a sense of exhaustion, a sense of, in some entities, and in the same entity at the same time, of exhaustion, a sense of what you might call hyperness, not being able to sleep but yet feeling very exhausted. One of these such periods occurred a relatively short time ago as measured on the plane, and there is now another one currently in progress. And thus it is that many of you will feel these disruptions.*

*The best solution to this is to center yourself and to attempt to go into a meditative state and to not be worried that you are unable to either sleep or that you suddenly feel that you must sleep in the middle of an activity that it would seem out of place, of course, to sleep. And so, during this typical time that you would find yourself wanting to go into the sleep state and are unable, simply meditate and use that time to be of benefit and to clear your mind of the thoughts of why you cannot sleep and any thoughts that may be of a negative value that would enter into your mind. Rather, place yourself into a positive mode of thinking and you will find yourself to be better served.*

Regarding sleep being interrupted during the night, how about during the day, if you have these periods when you are busy working, and suddenly you are so uncontrollably sleepy?

*Yes. Yes. This was what I was addressing with the other question. And that is that during those times when you would not feel it appropriate to go into the sleep state, you would indeed feel the need to do so. It is a part of that which occurs, and these will occur sporadically now in a great, shall we say, cluster of time, and then there will be a clearing out of the electromagnetic field of the planet until it is time for it to do another jump, shall we say, in its energy field.*

It is not to be concerned with it being a physical thing then?

*Not at all. Unless, of course, it continues after the electromagnetic field has cleared. If it continues for a great deal of time, then you would want to look at other issues that would relate to it. These clumps of time can range anywhere on the plane from one day to one month. At this time currently, the cluster of time has not exceeded what you would call the one month.*

Would children be more susceptible to it?

*Not necessarily.*

A feeling of like a palpitation of the heart area, would that be because of the vibrational change?

*Not necessarily. No pat answers here, you see. We would not want you all to think that any unusual changes in your own patterns of behavior could be written off, shall we say, to the earth's electromagnetic change, but rather, to look within Self to determine if it is indeed a reaction, a sensitivity to the Earth's changes or whether it is another issue of Self that needs to be looked at. You must be careful at finding quick solutions. There are none.*

Waith, not only does it involve the sleep patterns, but it also involves the eating patterns?

*It can, my love, yes. Most definitely. And, again, there is no set answer to this, but rather that whatever your particular eating patterns are, they become different. So, for some, there may be an increase in consumption and in others there may be a decrease. There may be an inability to keep within the encasement any sustenance placed into it. There may be the desire for more of the liquid during this time frame than is normal, or there may be less of a desire for the liquid than normal. The key is that you look at what is different from your normal pattern. And in some instances, many of you will find yourselves slowly moving into an altered pattern of eating and that the Earth's changes are assisting you in these changes. And thus, rather than fight the changes in your patterns, seek within Self the answers as to why and what it means toward your own growth at spirit.*

Would that also affect our perception of time?

*Yes, we have addressed that in times past. It can. It may not. So, once again, be careful of using the Earth as an excuse.*

Can the reason for the extreme sleepiness be because we can work things out better in the dream state, in the sleep state, than we can in the conscious state?

*There are situations, of course, my love, in which, during especially troublesome times at the conscious state, that there is more time required in the sleep state for the working out at the higher levels of what needs to be dealt with at the conscious state. And thus, if you find yourself in extended time frames of sleep longer than you have been accustomed to, it may be that you are working out issues at the higher level. But, once again, the meditative state is where you receive your basic confirmation of all that is occurring, and you must go within Self to determine what is, as you would say, feeling the best for you, for if you begin to feel that you are, shall we say, sleeping many hours of the day and this has gone on for weeks and weeks and weeks, and you feel no resolution at conscious state, then there may be other factors to consider here, you see.*

*Any extended periods of time in which there is an altered behavior from the norm without any sense of progress at the conscious state, then should have further investigation at the meditative state, perhaps discussion with a healer at the earth plane level who would be able to guide you in certain areas where you may feel yourself to have a block. This is the purpose of the spiritual healers on the earth plane.*

**When this happens, what effect does it have on the ~ of the Energy Vortex that are scattered throughout the planet?**

*Remember that all energy is connected. All energy is a part of the same, The Universal Consciousness. And thus, at some minute level there is an effect. There is a ripple effect as you might refer to it as a frame of reference, remembering that what each energy does affects the total energy. No matter how minute it might be, it is felt by the total.*

*And thus, as we have said, as all the others who give information from the higher sources have indicated, what you do affects all. You are not alone, and if you are disturbed, if you call that phrase in its correct reference, then all are disturbed. If you send out love and Light, then that is returned to you. If you send out negativity, you will feel the effects, for it goes into The Universal Consciousness and it is returned to you, for you send it to Self. So, you see, it is much better to send out love, for you then send yourself love, you see.*

### **Someone Questions An Experience With The Sleep State And Not Being Able To Remember (September 04, 1990)**

**Just before I enter the sleep state, I know there is this whole other thing I am doing, and there is a group of people I am really close to, and I just have this sensation for a couple of seconds that ~ how can I not remember what I am doing when I wake up, because it is just as real as this is. And there is a male entity that I am working with, and I just wanted to know about him.**

*There is an entity who works with you. And many of you have similar experiences where when you come out of the sleep state you just know that there was something that you were doing just before you came back, and you feel frustrated, and you even can know that it was a male entity or a female entity or a group of entities, and you want to be able to know more concretely, and this is the first step toward merging that level of the Higher Self into the Conscious Self, when there is an awareness on a very fine line of a Higher level. At a conscious level you are more aware, for when there is no point being reached for merging, then the conscious is not aware of the lower Higher Self. But as the awarenesses begin to come together for merging, there is that awareness level.*

*And thus, rather than feel frustrated about this, welcome it with joy, for ~ work with it now, without putting pressure on yourself now, before you go into the sleep state saying, "I will remember ~ I will remember ~ I will remember." ~ not just you, my love, but many who are*

*currently in the vibration and who would read the transcripts of this session. Take the pressure off yourself. Enjoy the sensation for as long as it lasts, as long as it takes. Enjoy the sensation of moving from conscious to Higher Self slowly in bringing in another level of the Higher Self.*

*And while it may not be a dramatic merging, as occurred with Mushiba, it will be that which is significant enough that will create in you a higher level of understanding. You will suddenly see things that you did not see before. You will read something that now you understand, where before you did not. And the growth of the process of awareness development comes from pulling the thin layers of the Higher Self, ever so slowly, ever so patiently, down, down into the conscious, bring one level into another, merge into another. Do not be concerned about how many levels you are going to pull down in this life. That which you bring in to merge with Self is what is needed for soul's development.*

### **Not Being Able To Sleep Due To High Energy Areas, Or From Racing Thoughts (October 02, 1990)**

**When I was at Kripalu for a week, I could not sleep. I thought it was because of the energy there. Was that the case? If that's true, is there something I can do about it when I go back?**

*Ah, indeed. Whenever there is high degrees of energy accumulating in one area, there can be a disruption of your own electromagnetic field, you see. If you were to try and sleep in this gathering now it would be most difficult for you because of the high degree of energy. Understand that in this particular situation, for you, my love, it was important that you not sleep, as you have been accustomed to, for it forced you to look at particular issues, and it indeed gave you a new type of energy that is beginning to work with the encasement. It was a most beneficial energy addition to your own vibration.*

### **When You Have Racing Thoughts And Cannot Sleep, Use It To Your Advantage (October 02, 1990)**

*For those of you who would also find yourself in these types of situations where you are not able to go into the sleep state, for you feel revved up, the energy is pulsating, you can feel it pulsating and your mind is moving very, very rapidly, try not to fight the sensation, for the sleep state is simply an altered state of consciousness, no different than meditation is an altered state of consciousness, and for some, the two are the same, you see.*

*Rather, you would want to use the opportunity of this increased energy that you find yourself in as an opportunity to infuse it into your own vibration, and thus, give you a greater ability to connect with the Higher Self. It presents the opportunity to truly sit and focus, for when the thoughts race in the mind, and it is, let us say, the nighttime, and time for the sleep state, and sleep does not come, you simply use it to quiet yourself as an exercise in learning how to do this,*

*you see. It is simply an opportunity to go into a meditative state and increase your own awarenesses, for many, many, many on the plane now need to learn the meditative technique, need to learn their own way of achieving a focus and their own way of dealing with the racing thoughts, and that it can be controlled, you see.*

*There is no need to lie on the bed trying to sleep and say, "I must sleep, I must sleep. Why cannot I sleep?" And this is a very good opportunity for the elements of the dark, you see, to creep in and begin the thoughts moving toward negativity, for when you fight the fact that you cannot go into the sleep state, you get angry, and anger is an emotion that the dark can feed upon, and you will then begin to feel more angry, and you will then start thinking about other entities who you do not like, and you will then start having imaginary conversations with them. And thus, it begins to feed on itself. Before you know it, you are even more revved up than you were before, you see. ☺ Thus, do not give into this, but rather, say, "Oh, this is a very good opportunity. I cannot sleep, so I will now think about clearing my head of all these thoughts and, oh, I will just meditate." And before you know it, you will be asleep.*

### **The Sleep State Is A Form Of Meditation ~ And Dreams Can Highlight Issues That Need Work (March 05, 1991)**

**When we dream, and it incorporates people that we know in the waking hours, and when we wake up, we have a different perception of how things are going on. Is that an illusion bumping into an illusion?**

*Not quite, my love, not quite. But it does indicate a change in position within the energy field that is the flow. And understand that each energy is in a constant state of flux, of change, moving ever so slightly into another point in the energy field and that as awarenesses increase so does, then, the change in position occur.*

*The sleep state, as we have indicated before, is a form of meditation. It is an altered state. It takes you out of the conscious state, and for many entities it is in the sleep state that much development occurs and much work at spirit level occurs. Very often, it is not remembered when returning into the conscious state, but in many, many cases, upon returning to the conscious state, there is a memory from it, and when that memory persists and you are able to recall the events occurring in the dream state, then it serves as a signal that there is still work to be done in a particular area that relates to the earth plane and that it is giving you, therefore, shall we say, some advice from Self as to what to be aware of at a conscious state that does indeed affect this entire Flow of The Universe, for it is giving you some assistance in this flow process.*

### **Altered State, Known As The Dream State (May 05, 1992)**

*When you go into the dream state ~ and it is referred to as a dream on the earth plane ~ but rather, as we have indicated before, it is an altered state ~ and when you go into this dream state, you have oftentimes what you call dreams. And we know that there is much on the plane relating to dream analysis, and that if you dream a particular scenario, that it is a symbol for something far deeper. And yet, most on the plane have considerable difficulty in dream analysis, for what appears to be the analysis by ~ in some book that some other individual has predetermined to be the answer relating to the masses, presents difficulties for many, for it does not feel right when they read that, for example, if there is this transportation mode, automobile, in your dream, that, oh, heavens, it represents the body.*

*What does that mean, "It represents the body?" We understand that for many on the plane, there is the need for the beginnings of acceptance that dreams indeed mean something beyond what you deal with in the current consciousness, and that it is so critical, as we have said before, that each entity on the plane seeks their level of knowledge and that, for many, many, many, it is important to begin to realize that the dream state is, first of all, another dimension, another vibration, and that it provides information to each of you.*

### **It Takes A Certain Meditative Ability ~ You Can Control Your Dreams (May 05, 1992)**

*Now. All have this capability. However, not all utilize it, for there is this sense that, having a dream, you are not in the dream. It is, rather, someone else; but it is you. You are one of the figures that play out in this dream, and it gives you the opportunity to see what you looked like in another time, or what you will look like in the future, and that you can control, absolutely control, your dreams. It takes a certain meditative ability before going into the sleep state to say that you would want to return, or go forward, to a particular scenario, or simply to say, "I would want to return to that which is appropriate."*

*Now, understand that this is what you call regression, and that it is appropriate for those of you who claim to not remember dreams, or to have difficulty in remembering a dream, that you work with one on the earth plane who is able to help you through this process of regression. And there are many techniques popular on the plane for that, that would help you to gain a sense of understanding and confidence.*

### **Before Going Into The Dream State, You Should Surround Yourself With Protective White Light (May 05, 1992)**

*When you go into the dream state, it is critical that you surround yourself with protective White Light. This protection helps you to pull out of that dream state in a way that gives you advancement to your path. The use so commonly on the plane of saying prayers before going to bed comes from the time many, many, many, many, many thousands of years ago on the plane,*

*of protection. It has evolved over time as saying prayers. However, it was a ritual that was utilized at the beginning of this illusion currently on the plane and has been utilized in all of the illusions, that there is a ritual of protection before going into the sleep state, and that if that ritual is not observed in some way, whether formally or informally, consciously or unconsciously, then there can be a difficulty in working through the layers of energy.*

*The layers are really not layers. This is the only way in which we can describe it so that it would be understandable or to have a frame of reference. There is total webbing, integration, and when one of you would ask us, for example, to discuss a past life or to give you information about your path and your soul, we go into this webbing that surrounds your own energy group, you see. And to understand fully, you must understand, of course, that which we discussed for energy groupings, and the energy grouping has this energy webbing or energy layer around it.*

*It is yours, unique to each of you, and if you would go to any on the plane who has the ability of working with energy, often referred to as psychics, they have certain levels of ability to go into the web. The higher the advancement, the greater the ability to go into the web, into the layers. But even at very high levels, for us, it is difficult at times to get through, for there is so much crossing around, you see. But you ~ you will see a web.*

### **Your Dreams Are Specific To Your Path And Only You Can Interpret Them**

**(May 05, 1992)**

*There is no need when you reach a certain level of awareness to have to refer to symbolism that is much too abstract, but necessary for many, many entities in interpretation of dreams. Rather, as you advance in your own awarenesses, this is not a generic dream that you are having, my loved ones. This is very specific, very, very specific to your own path, and only you, ultimately, can interpret that. If you are in one of your layers and you are riding a horse and the horse falls down, that relates specifically to issues you were dealing with in that particular scenario and not some mass-produced interpretation of what it means to be riding a horse and then fall down.*

*For some, this is the beginnings of tuning in to their dreams and recognizing that there is something beyond the concrete illusion. But as you develop, many of you who are reading ~ will read this information ~ may not be at the point yet of self-interpretation. But many, many on the plane now are developing that, or at least the beginnings of it, and it is appropriate that you would seek out spiritual advisors who, upon discussion from you as to what you dreamed, could indeed tune in, you see, to that layer and help you to understand what it means.*

*Many times, you know, you simply would return to a lifetime that was most enjoyable, and you would want to observe it again, or even relive it again, and that you indeed do this, and that when you are in that layer working through a scenario, you are awake in that layer. And when you return to another layer, whether it is this one or another, you are asleep in the other layer in*

*which you were awake. Consciousness relates to that layer in which you currently are working, so you are asleep in other layers now as you are awake in this layer.*

*Now, what about interdimensional travel? And how does that all relate to what we have just given? We have connected the energy grouping, and we have connected it with the layer, or the web, and now, where does this topic of interdimensional travel fit in?*

*As we indicated in discussing the topic previously, many entities are capable of moving from dimension to dimension and still maintaining a consciousness in the current illusion. This simply means that whatever dimension, which is also a layer, that you find yourself in, awake, you have the capability of diffusing your own energies and applying a certain percentage of your energy to move into another layer, or another dimension, and be simultaneously working ~ so that while you are awake, you may be asleep. And when you are asleep, you may be awake, and that if you find yourself suddenly quite fatigued during the course of the day in your current illusion, chances are quite high that you have been traveling, that you have sent out a part of your energy, a percentage of your energy.*

*This is a capability that comes from training and experience, that each of you has the power to accomplish, just as going into other layers during the dream state is a power that comes from training and experience, and oftentimes, you go into the dream state and you do not move from the current illusion. You simply ~ your energy hovers within the vibration of this layer in which you find yourself. For some, this is a lifetime. They have not come into this incarnation to do interdimensional travel or to do dream state work, but rather, to do other work in their path.*

*This topic we have discussed is not something that all entities on the plane do. Some are not advanced to that point where their training and experience has given them that capability. Others may choose not to do it. Others may not want to do it for many reasons, which, of course, you would not judge. And then there are others who do this continually, or some who do it periodically as the need presents itself. And there are many now on the plane who are beginning to be aware of this capability and are working to increase their own abilities.*

*So, as we have said so often, you must not judge another, ever, but especially you must not judge by appearance. You know not where an entity is on their path. And, again, we would say it is none of your business. And only if you are asked for assistance from one who would seek guidance, or you would seek another for guidance who has the ability to help you understand your layers ~ your web ~ only if those situations occur, do you get involved. As you look at entities around you now, see around each entity layers and layers of energy, and provide to any who would need it, your service to them, without imposition, and also not to hesitate to speak with those who have a spiritual mission of service, to seek their guidance, for the student must go to the teacher to learn so that eventually the student can teach.*



You spoke about the various levels. Are these synonymous with various bodies spoken of by others, like the etheric, astral, Buddhic?

*Those, and understand we do not use the word LEVEL in this situation, we use the word LAYER, which is different, but understand that words or definitions will vary from awareness level to awareness level, and that words such as you have just given, my love, relate somewhat to that which we have discussed. They are simplistic, however, but necessary in order to bring the concept of layers that surround what appears to be this concrete encasement that you inhabit, to understand that there is much more to the energy than that which is seen, and that there are many, many, many, many layers. It is not to be disregarded, this ~ these definitions, these words that you have given, for they are accurate and appropriate for those who would have the awareness that this is where you are connecting with your knowledge. Information we have given is actually much more simple, but it involves a far more complex concept.*

### Can The Dream State Just Be An Overactive Imagination?

(May 05, 1992)

*There is no such thing as imagination. We have discussed this issue of imagination. It is a most common response on the earth plane that an entity would think that this is not real. We have emphasized so much the importance of meditation in reaching the Higher Self and understanding all that you hear from Self, that it is not imagination, that if you were to act upon that which you hear, you would be far better in your path than to not act, and to trust Self.*

*However, we must emphasize that this cannot be done without calling in the protective Light, for the forces of dark would attempt to make you think you are hearing something from Self when, in actuality, it is something coming from the dark that makes you believe that it is Self. And it is only through experience, trial and error, that you learn if something is from Self or from the dark, and it is why it is so critical that you always call upon the protective and the Highest of the White Light before you do any meditation. When you begin to think that you hear something that you would like to say is imagination ~ that if you think it is imagination, that you call upon your guides to help you to know the difference.*

I have tried this, but I do not know if I have succeeded. I have no experience with meditation. I have tried meditating, but I seem to end up contemplating on meditating, so I do not clear my mind.

*We would indicate to you ~ and we very rarely do this in a Public Session, but we will use this as an illustration for the topic of layers ~ you are connecting with a scenario that you are preparing for your next lifetime, and you are working with your guides. You are not aware of this at your conscious level. This is why we indicate that the Higher Self is actually in control of all that goes on, and you are playing with different possibilities for the next lifetime. This is done by all of you. You plan your own life.*

## Recurring Dreams

(May 05, 1992)

I am having recurring dreams for years. It stopped a couple of years ago, but a couple of weeks ago, one came back to a very disturbing conclusion. I would very much like to avoid that ever happening, if possible.

*And you have that capability, my love. Oh, yes. You see, you are in ~ your Higher Self is in control of what you do, you as an energy. And that, oftentimes, when you project into a possible future, it is specifically for the purpose of arranging that, and that you would have this dream, as we have said, that seems so real, and yet it is real, and you are being given an opportunity to try it out.*

*For oftentimes, you see, and we have also discussed this, in planning a lifetime, an energy gets carried away, you see, for from a distance, it does not look so bad, but when you actually get into it, you say, "Oh, my! I should have listened to my guide. He cautioned me that I was taking on more than I should have, or that I did not need to do all of this in one lifetime, or this was not necessary to do. There were other ways to learn the lesson."*

*And thus, you, my love, have control, here with your Higher Self and with your guides, and that you simply now concentrate on perhaps redesigning. Listen. Listen, you see. This is the most difficult component of being on the earth plane, especially, is to listen. Listen. You have much guidance coming from all the other layers and the higher sources of energy that come in and give guidance, your Angelic Protector, your guides.*

One time, I had a dream that was someone else's, and I repeated it. I thought it was my dream and he said, "That is my dream. I have been having it for years." Is this possible to tune in?

*You were, my love, as we had just a while ago said, observing in another layer, and while Sleeping Wolf was actually involved in the layer, you were observing it. So, it is very simple.*

**Is There Any Way You Could Tell Whether A Dream Was Concerning A Past Or A Future?**

(May 05, 1992)

*To know if the dream is a past or a future, again, comes from the meditative connection, in knowing that your guides will give you the answers, if you ask. And so, oftentimes, you will, as you develop this ability, know that you are reliving. You will know this. Other times, you will know that it is something you have not experienced. It does not feel like you have experienced it, and therefore, it would be something for the future. When you do not know, you would seek guidance from those who would be able to give this to you. Again, it is trusting in Self.*

*Sometimes, it does not matter if you know, for that which you connect with, be it the future or the past, does in some way connect with what you do in this current layer that you find yourself.*

*We would qualify the question that was asked, and the definition is of kingdom. We most frequently use the word kingdom to refer to the various encasements ~ The Animal Kingdom, The Plant Kingdom, The Mineral Kingdom. There are also ~ the usage is there of The Five Kingdoms that organize The Universe. Our response to you, my love, was the kingdoms of encasement rather than the kingdoms of The Universe, and we would want that to be on the record. And we will, however, discuss that in times to come.*

### **Can You Dream In Color? And If So, Is That A Dream From Your Guides?**

**(January 05, 1993)**

*Oh, indeed, you can dream in color. We have given some preliminary discussions of dreams and what it is all about, which you might find interesting to read, my love. We plan in this year to go into a discussion further of dreams, for it is part of the ways in which one can balance the play and the seriousness. So, yes, you can dream in color, and it is not necessarily something that comes from your own guides, but rather, it is coming from Self, and that one would need to connect with a particular color in order for that dream to be effective, or to perform the service that it is meant to perform.*

### **A Discussion Of Someone's Dream ~ A Premonition**

**(July 20, 1993)**

**I had a dream where I met a person, and he was showing me things, and he was very loving, and he had five round red circles on his cheek that he showed me. Does that have any significance?**

*How long have you been listening to our words, my love? "Does that have any significance?"*

**No, I mean, what significance?**

*There you go, you learn to frame the question correctly. Much like meeting someone and asking, "Did we share experiences in another lifetime?" When it should be, "What were those experiences that were shared in another lifetime?"*

*As we have discussed in our time relating to dreams, that they are an indication of either a past experience or a scenario of a possible future, or some type of symbolism, of course, of a lesson. When we speak with you privately, my love, you would bring up that question, for you will find it enlightening for that which is about to occur, for it is a premonition.*

Does It Matter How We Are Aligned When We Sleep?  
(January 16, 1996)

Does it make any difference the way we are aligned when we sleep, like whether we are north/south or east/west?

*Oh, yes, the old north/south, east/west question.*

Does it make any difference the way the direction of the bed is located, whether the bed is in a corner or in the middle of the room?

*It can ~ and maybe not. We are not being flippant in our response to this. There are some energies who are experiencing polarity changes currently who would perhaps find it more harmonic for them and their energy to be positioned east to west with the head facing the east ~ because of the vibrational changes.*

*However, for those who may not be experiencing vibrational changes ~ whose polarities are not changing ~ where they are positioned may not mean anything, may not have any bearing on the flow of their energy. It is an issue that we did not flippantly refer to, for we will be discussing it as part of the tools for meditation. For some, it is very important where they position themselves within the flow of energy. For others, it is not, and only each of you can determine that, and we will give you signs that will help you to make those determinations ~ little testings for that determination.*