





## The Ancient Science of Sahaji

Sahaji Discourses No. 6 \*

By

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(The following discourse is a repeat of Peddar Zaskq's Dream Technique written by him.) Practically everybody goes out-of-the-body-travelling in their dream state, though many may not recognize the fact after having awakened again on this Physical plane. It is one of the natural phenomena of our daily life which is taken for granted and though we often remark about the strange dream we have had, most of us are apt to forget them during the busy hours of our routine day.

A lot of yardage has been written on dreams, for much dependence has been put on them as premonitions of something to come in the lives of individuals who have dreamed them. From the ancient days to the present time everyone has given some attention to dreams as forewarnings, but during the early Biblical days most rulers had an interpreter at their courts who would analyse dreams and give the King an explanation of what to expect in the future. Joseph of the old Bible, was one who was attached to the Pharaoh's court and it was he who successfully saw in the King's dreams the coming famines. This gave the Pharaoh an opportunity to provide for the people of his state during the period of the terrible drought. Because Joseph had the ability to transcend his consciousness and see the meaning of the king's dreams with clarity, he was awarded and honoured for his services.

The dream state is practically the same as the no-mind state that one has in deep trance. All barriers are set aside and the subtle body has free access in leaving the physical body to roam about in the Astral and Mental Planes. Normally, this inner body will not get too far way from the physical self because it does not trust itself in the other planes- particularly alone. Of course, the Tuza (Soul) can get into the real plane where it has no body and receives the great illumination of God. This has been known to occur to many of the Christian Saints who struggled for years to receive this light of God only to have it come whilst in the dream state. They all expressed that it was God taking them out-of-the-body and lifting them into heaven. This is never particularly true, for one may escape the physical mesh when everything is relaxed and the external body is in a deep sleep. In a way, it can be compared to a hypnotic state.

This ability to get the cosmic consciousness whilst in the dream state is one of the true secrets of Sahaji. Hardly anyone knows this other than those who have experienced the phenomenon and the Spiritual Travellers who are often responsible for such a glorious experience in one's inner life. One can do almost anything in the dream state that he can do in any of the other techniques, i.e., the Imaginative, Meditative and Trance. Of course, the Direct Projection technique is the instantaneous way that gets you out-of-the-body at once and returns self almost as fast - provided the occasion calls for this kind of speed. The trick of the dream technique is the control of the modus operandi of sleep so the operator will be aware consciously of where he is and what he is doing and can retain his memory when he awakens

again in the Physical Plane.

One gets to the point that he is outside the body so much that it does not matter whether he is asleep or awake. It is all the same to Soul, but there is never any period of fatigue and depression because it can receive its energies directly from "God whilst in the world of spirit. So many think that travelling in the other planes in the dream state will leave the body exhausted but this is not true because the out-of-body condition does not have anything to do with the physical. The latter gets its rest regardless

Sudar Singh, who taught my (Paulji) half-sister and me quite a large amount of knowledge on Sahaji, would not allow anyone under him to lean upon him as most Indian teachers encourage their followers to do. He always wanted his chelas to be themselves and have freedom of decision. After nearly a year with him, Sudar Singh sent my sister and me to the Himalayas for a brief study under Rebazar Tarzs, the great Lama reputed to be over 500 years old, who is practically the only adept in the world today teaching the ancient art of Shabda Yoga (what we know as the yoga of controlled Sahaji) in its pure form.

Rebazar Tarzs is an adept of strong character who can speak English fluently as well as most of the world's different languages. He comes and goes in his spiritual body at will anywhere within the upper worlds and certainly with this physical plane to those who have an affinity with him. At the present, he is living in the physical body in the northeast corner of Afghanistan in the Hindu Kush mountains. He makes this his headquarters and leave his body there whilst travelling in the spiritual planes of this worlds. He is what we know as a Spiritual Traveller, those who have the mission on Earth of helping others that are desirous of getting on the path of God again.

Before getting into the actual dream technique, I want to briefly discuss the no-power area - that in which God dwells. There are not two powers, but one with two polarities, as I have mentioned before. But what we are concerned with here is the unconditioned God energy, which surrounds us regardless of whatever plane we might be living upon. This stuff or ether, whatever you wish to call it, is of the most flexible nature and is not able to do anything of itself until it is channelled through the individual mind of a person into the Physical worlds. It then comes out in the form of an idea or symbol of an objective nature. We actually manifest all in forms of ideas and symbols and this is the way a teacher, who is successful in having a following of disciples, establishes himself in rapport with them. He is the outward symbol of God and the inner representation of the divine power, and each of his faithful devotees will pour considerations and postulates into him until he becomes God, in their eyes - in nature and form, and of course, power. This symbol which they make of him will create miracles and often gives them the uplifting to the divine realm of the Higher Being Itself - at least they think that it happens. Really it is their own energies being released through a

matrix - the matrix is the form of their teacher in the invisible. This happens often because of their own reality for, as I said before, God IS and all reality must be as we see it and not as others tell us.

One of the secrets of the ancient mysteries, taught mainly by Pythagoras, the magnificent Greek mystic, was that it is useless for anyone to concentrate on the chakras, or body spinal centres, but to get out-of-the-body via either the spiritual eye or top of the head. The latter is the best opening for leaving the body, under control, and environment at a distance. According to Pythagoras, Soul can be at three points in relation to the body. It can be inside the head, just outside the skull or off at a distance.

The great Greek teacher said that the top of the head is the point where the human merges with the divine. The very young children have a soft spot on the head where the opening has not quite closed and one has only to observe the eyes and expression of a child to know it is in close contact with the divine. As the child grows and becomes more worldly in outlook and expression the spot closes. Those who wish to be initiated into the consciousness of God or the inner Kingdom, must become as little children. This means, as I have discovered, that the opening must remain at the top of the head in the spirit body, like the soft spot of a baby's physical self. This can be achieved in the spiritual-counter body, so it need not be developed in the physical. Yet despite this, some teachers do keep the soft spot open deliberately by use of spiritual exercises. The Tibetan saint, Milarepa, practiced this and passed on the doctrine to those in this line of spiritual mastership down to Rebazar Tarzs who does not particularly advocate it, but will give these exercises to those who wish to learn how to leave the body in this manner.

This opening at the top of the head is symbolized in the New Testament as the narrow way, for it is the name given to the small insignificant and closely guarded door at the entrance to the place of initiation. Jesus referred to it when he said: "Straight is the gate and narrow is the way which leadeth unto life, and few there be that find it." He spoke both of the narrow way of the initiation chamber and the way that it had to be opened, or kept open at the top of the head, as with a little child. He spoke of this often as when saying to his followers: "Except ye become as little children, ye shall not enter into the Kingdom of Heaven."

The narrow way, or soft spot opening at the top of the head is that channel where Soul emerges from the body if caged inside the skull, or re-enters the body when outside. It is through this opening that spiritual awareness (God or Cosmic Consciousness) occurs. Do you remember the story of Balaam and the ass in the Book of Numbers? The ass symbolizes the physical opening in the top of the head and Balaam, the spirit body of man. The ass saw an angel standing in the road, in a narrow place, but Balaam could not see the angel. When God, or spiritual awareness entered into the self through

the Soul opening, then Balaam saw the angel standing in the road. After that he had the power only to speak the highest truth. He was in fact, initiated, and became aware of the divine self and the way he was to be a channel for the Divine Grace.

All adepts and masters know this secret. It has hardly been known, except through oral teachings, but in the written scriptures we find only the vaguest references to it. Pythagoras, the great Greek Master, in the third century before Christ, said: "As ascending into the Radiant Ether, midst the immortals, shall thyself be a God." He meant that when one went upward through the narrow way into the Heavenly worlds, then he himself becomes a God. He was speaking only of the narrow way through the top of the skull, through which Soul passes on Its journey into the unknown spiritual worlds of glory.

Because of this knowledge, the men of the East choose children as candidates for initiation whose parents are likely to give them back to God for a life of service and teaching. By use of the special exercises, they keep this soft spot open and gradually Soul becomes adapted to using the top of the skull for the purpose of leaving the body at will. Our christening ceremony was originally for this purpose, but long ago the true reason was lost and so it has been forgotten. The christening or water ceremony was to make a person be born again and the confirmation ceremony was to confirm or set the opening in both the physical and Soul bodies, thus enabling the initiate to enter into the Kingdom, the Consciousness of God, whilst living on this Earth plane. This is the true meaning of the words so little understood today: "Except a man be born again: except a man be born of water and of the spirit, he cannot enter into the Kingdom of God."

The opening which you visualize as an opening above you, in direct contact with the divine self, is the opening at the top of the head which will indeed open gradually in the Soul Body. This is the true initiation and its use will enable you to become fully initiated, to be born again, or ascend into the Radiant Ether in the mist of the Immortals and thyself become a God. This is the secret of freedom, especially when using the Dream Technique, which is a different way from how we normally think of leaving the body. After falling asleep, when we come awake in the other self, that is called the False Awakening, we actually go out through the top of the head, through the narrow way.

The Dream Technique is done by postulates and considerations: meaning of course, giving yourself a command that you have this False Awakening after going to sleep. This is similar to setting the alarm clock inside your mind on going to sleep saying that you will awaken at a certain hour. The techniques are alike except this time you are preparing to leave the body for travel in the inner worlds. If you have a feeling of being outside the body, yet have a pull on you from the physical body on the bed asleep, you have what is called the Dual Consciousness. You must have the singular consciousness - that of having reality in the spiritual body.

After we have left the body through the top of the head, or what we know as the

thousand-petaled-lotus, we are ready to travel but as long as we are encased in the sheaths of the bodies which are around the physical, those we know as the Astral, Causal, Mental and Subconscious Mind sheaths, we must be tied by the silver cord. However, we discard each body whilst passing through the various planes until reaching the world of Sat Nam or true plane, the last of the worlds before stepping off for the universe of God, and now here we stand in the pure Soul body. Here we have no silver cord to bother us and have freedom from all the material worlds below. We can move through any upper world without hindrance of a silver cord.

The technique for the Dream State is very simple. You can use it whilst napping or when going to bed for the night. Simply make a mental or thought command that you are going to be awakened in the other body after falling asleep. You also can give yourself directions where you will go after this awakening, either before going to sleep or after being awakened in the other body. The whole process from the time you go to sleep until awakening in the real self, seems as if it were only a moment's passing. Now as you are standing outside the physical body looking at it lying on the bed, your true self appears to be like a white robe of some nature, and wavy as if a wind is pushing against it.

The only harm here is possibly your fears. Since thought forms manifest themselves in various shapes, like horrible monsters, animals or human things, they are liable to appear here and there, enough to frighten the wits out of you. However, these are only manifestations of your own making which hang around your aura and the first plane. But you can send them away. It depends on what you wish to do with them. They are the children of your thoughts, nothing else. These are the strange beings that so many are apt to see when outside the body and believe they are entities going to steal the physical body whilst it is empty. Never have any fear that anything is going to steal the body or take possession of it - we have a law enforcement agency on the other side similar to the ones on Earth, and they will see that nothing happens to us, who travel the spiritual worlds of God. It certainly is not a jungle that we are going to visit - for it is more refined and beautiful than this world.

The two important aspects of the Dream Techniques are : first, the silver cord limits us to certain areas for we cannot snap it or stretch it too far. If snapped, it could bring physical death, but this seldom happens so you should have no worry about it for there is always a spiritual traveller standing nearby who watches so that no harm will come to you.

If we stretch the silver cord too far in the beginning of our inner travels, it is likely to create a physical soreness in the stomach area for a few days. However, we are not going to do too much travelling until we learn more about handling ourselves in the other worlds, so there is little danger in this happening to us. It is not really harmful, but a matter of discomfort for a short time.

Thought is the vehicle on which we travel whilst in the inner planes. if you think of certain place whilst doing spiritual travelling you are there almost instantly. This

behooves anyone who does travel in the innerworld to have good discipline of their thought power. Any disturbance around the physical body, like a door closing, movement of a mate on the same bed, and voices speaking suddenly will bring the spiritual body zooming back into the body and sometimes you awake with a headache because of this. So, it is best to find a quiet sleeping room where you are assured no disturbance will occur.

Keep a pad of paper and pencil on hand so if you wish to make a record of your inner travels by the Dream Technique, it can be done upon awakening. If you wish to take another with you, it can be done through the same process of a thought command. But it is always best to have permission of that individual before doing this. Never try to take anyone or coerce another through Sahaji. Although it can be done, you will regret it at some future time.

Baraka Bashad,

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as transcribed by Sri Tirkaktif ra-Zah