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WEEKLY MAGAZINE



BRAHMATHEERTH

SAINT SUNDAR'S DIVINE ELIXIR OF WISDOM

Dear Readers,

I welcome you all to a new journey through this magazine which will be life changing as we begin to unlearn the hidden spiritual wisdom from the beyond. Brahma-theerth is the rarest of the rare magazine to guide us in the path of self-realization/moksha written by Saint Sundar, a living saint; a self-realized master of our times; and God in human form. To a person in real search of himself or truth, this magazine is a treasure to cherish since no other book can actually help to understand the ultimate truth/reality. Without the guidance of a realized master, one can never understand truth and it would take years of tapas or sadhana to actually progress in the journey of self-realization. But Saint Sundar wants this knowledge to be spread across the world and hence has been enlightening us with his wisdom so that a person with the real search will not go empty handed.

I humbly request you all to not merely read this content as any other magazine because the actual meaning behind the words could be easily missed. One should start reading this with utmost awareness and an open heart to reap the maximum benefits. Please do not try to contemplate the teachings in this magazine with your mind since most of the concepts are beyond the understanding of a human mind. Before reading this magazine I request you all to drop your mind and start imbibing the truth emanating from Saint Sundar's discourses.

Charupriya T S

Dear Yogis,

I am inviting you all to a familiar world which you enter in to every single day. Millions of times we enter into it and millions of times we come out from it, but without any awareness. This inner voyage, even though it is known only to us, we are traversing through it without even learning a single thing out of it.

Now, I am trying to open the pandora box on this subject. Everyone may have something to add to it. I will be glad if you really add some worthy stuff into this matter. I dedicate this for the future generations for the deeper unravelling of the mystery surrounding the Dream World. I am just a pioneer in this field. My dear seekers, go for a happy hunting every night.

Saint Sundar

DREAM WORLD

PART 1

Dream world can be a mystery to everyone, but it is not unknown to us. Every human being in this world would have visited the dream world. When we go to sleep, we enter in to the dream world after a while. When we are deeply engrossed in the dream world, whatever we experience in that world feels real. But the moment we come out of the dream world in to our normal physical world where we are fully awake, whatever we have experienced in the dream world seems to be just an illusion.

For most of us, whatever we see or experience in the dream world cannot be brought back in to our world. When we wake up from the dream world, we would not remember most of our experience in the dream world. We can bring only bits and pieces of the happenings from the dream, sometimes just the beginning and sometimes just the end of the dream. This is because when we enter in to deep sleep, our mind and body loses consciousness and our awareness diminishes greatly. Even in sleep, if we still have 1% awareness throughout, we can remember and bring back everything from the dream world.



In our world, the general belief is that dream world is an illusory world and everything we see in dreams is just maya/illusion. But this is not true. The actual truth is that everything we experience in the

dream world is 100% real. But because we live in the gross physical world, we are denying the dream world experiences. Dream world is a subtle world. In the dream world, many of us would meet our forefathers and ancestors and would also communicate with them. All these are 100% true and not an illusion.

Lord Krishna says,

“In a yogi’s life, the sun never sets”

The sun here refers to the inner awareness. For a real yogi, the awareness will always be 100%, be in this physical world or the dream world or anywhere else. Even in their deepest sleep, for such real yogis, everything is real. The people they meet and communicate with in their dreams, their ancestors, forefathers, everyone is real. The information they share, the things they witness and experiences they feel, everything is unquestionably real.



For normal human beings, in their dream world, they will see their forefathers, relatives and ancestors. But their dreams will always be either a mere sighting of their ancestors or a normal conversation between them.

Sometimes, ancestors will come in their dreams and bless them or warn them against any danger. People who have little awareness will remember the dream when they wake up. Rest will forget everything. But real yogis, who have the inner flame of awareness all the time, will travel into the dream world with awareness. They will meet their ancestors, will communicate with them in the dream world with awareness. Also, they will bring back everything they have witnessed back to our gross world.

The concept of dreams and dream world has been studied a lot, and many theories have sprung up over the years. But till this date, researchers and intellectuals still cannot decipher it completely.

Dreams are something every human beings see and experience almost every day. But still, it remains a grey area. Dreams and dream patterns have been studied over the years both from scientific perspectives and spiritual perspectives.

Intellectuals say that when we sleep, our body and mind goes to a sleep mode – complete rest mode. When the consciousness dips during sleep, the rational mind is cut off which in turn blocks the logical thinking ability. Since the rational mind goes to sleep, the patternless, uncorrelated thoughts play in our mind resulting in bizarre and illogical dream experiences. Some researchers say that dreams are a way to help process and regulate our deep emotions and fears and to store important memories.

But saints, rishis and spiritual people say otherwise. According to them, during sleep, our body and mind slowly enters the rest mode. During this process, our rational mind will experience a sudden dip. The dip will initially be only for an instant and mind will become fully functional again. Gradually, the timespan of the dip will increase, and our rational thinking patterns will slowly turn haphazard and illogical indicating that we are entering the sleep mode.

This dip will be very subtle and cannot be recognized by normal people.

Only a spiritual person who lives in awareness will know of the subtle changes in mind. The moment he witnesses the random patterns of the mind, he will instantly recognize that he is entering the sleep mode and will kindle his flame of awareness. Once he starts witnessing the disorganized mind patterns with this awareness, everything will become clear, and all the thoughts will come to a full stop. And he will be able to travel further into deep sleep but with utmost awareness.



From this awareness, everything he sees will no more be an illusion. Everything becomes real. His travel in to the dream world, meeting with people in that world, situations he encounters, everything will be with awareness and so he can bring out everything back to this world up to the smallest detail once he wakes up. In fact, a person who is aware in his deep sleep, can also alter or direct the things in the dream world.

Lord Krishna says,

“Real samadhi state is the deepest sleep state without any thoughts or dreams. If you see everything in that state with total awareness, that is the real samadhi state”.

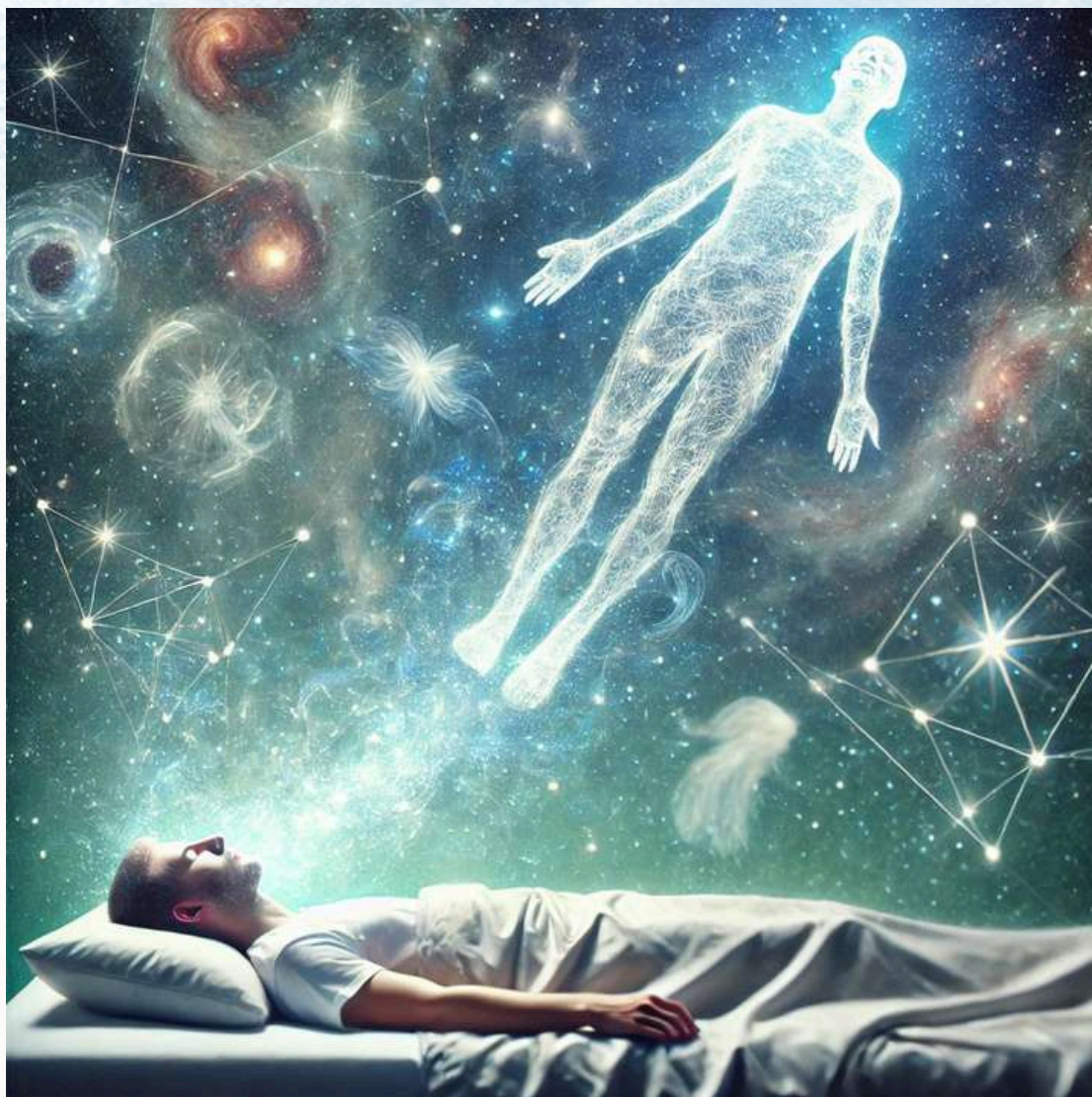
Ramana Maharishi often compares real samadhi state to deep sleep. He says

“Samadhi is like sleep, but in sleep, you are unconscious, whereas in Samadhi, you are fully aware. This is the only difference”

Every human being is reaching that state everyday when they sleep, but they are unaware and fully unconscious. But a real yogi/saint reaches the same state, but with total awareness. A yogi will be touching the samadhi state with awareness. And sometimes, he will allow the happenings to proceed on its own and he will remain as a witness and watch the play with awareness.

Another common belief of the scientific community is that dreams that we see are the very essence of our daily life and our day to day activities. They stress the fact that it is our experiences that appear in the dreams and that dreams are strongly associated with the life we live during the day. Though these facts are true, this is not the entirety of dreams. These facts merely touch upon the superficial qualities of a dream. There are many levels in a dream. The most superficial is where we see the characters and situations of our daily life. In the next level, we experience our suppressed emotions in the dreams. In the next level, our innermost thoughts from the subconscious mind and our deepest fears will come as dreams. In the next level, we see our ancestors and people from other lokas. Next, we will see things that are way beyond the physical realms of this world and so on. But even though we experience a lot of dreams, normal people cannot remember anything once they wake up.

Only a spiritual person and a real yogi will remember everything. Also, everything that we see in dreams is not just happening within us. In fact, during our sleep, saints say that our soul leaves the body temporarily and travel to many different realms and lokas and meet the divine beings living there.



This process is called the **transmigration of the soul** during sleep. Just like how the soul leaves the body during death, the subtle body migrates from the physical body temporarily during sleep and travels to the other worlds, realms and lokas. So, the dreams we see are not just illusory visions of the mind. They are the real experiences of the soul during sleep. A real yogi will remain fully aware and witness the soul's journey to different realms even during deep sleep.

Why do we go in to the dream world during sleep?

Typically, the human body after a day's work needs rest. Similarly, our mind which is always running consciously and subconsciously also needs rest. This is why we are giving rest to the body and mind by sleeping. And when we do, our logical thinking gets cut off within a while. Only when the rational mind is silenced, will the energy draining come to a complete stop. And during sleep, the drained energy gets replenished. The body gains the physical energy whereas the mind gains the mental energy during sleep, both of which is required for a human being's normal functioning.

Normal people believe that just because the body and mind gets rest, they become energized in the morning. Physiologically, it is proven that the body goes into repair mode at night, growth hormones are released inducing tissue and muscle repair. The brain detoxifies and the energy stores (ATP) in the body are replenished, which is why we feel refreshed and energised after a good sleep.

But spiritually, this is not the truth. **Every human being, when they sleep, they unknowingly touch their innermost core (Brahmam) from where they acquire the prana or divine energy.** For them, the entire process happen unconsciously.

A yogi, knowingly with total awareness enters in to sleep and touches his core and enjoys the state of bliss. This is the easiest way to travel inwards and merge with his core. This is why so many saints/seers and rishis have done a lot of research to find a way to travel in to sleep with total awareness. They have tried and they have also succeeded in this process.

There is a profound Zen story that illustrates a Zen master's experiment to stay aware in deep sleep. The Zen master thought of a tool that would remind him to become aware during sleep.



Everyday, he took a particular flower and intensely looked at the flower with awareness and thought about the flower all the time. Every time, he looked at the flower, and he thought,

‘This flower should appear in my dream’.

He repeated the same activity everyday. But every time he went to sleep, he would fall unconscious and would get engrossed in the dreams. This went on for a few days. One night, he went to sleep thinking about the flower. And as usual, he fell unconscious and entered in to a deep slumber.



So many dreams came and he was unconsciously caught in the dream world. All of a sudden, in his dream, **the flower appeared**. The sight of the flower reminded him of his state and instantly he became aware. **His body was still sleeping, but he was totally aware within and was witnessing everything with awareness.** At last, he succeeded in his experiment.

In all these years of my spiritual journey, I have my own way of staying with awareness during sleep. I have not heard of any saint or rishi speaking about these techniques in detail.

**I always try sleeping in one of the following chakras.
Aghna, Anahata, Sahasrara and Pitarikan.**

These chakras are a direct connection to both the physical body and the subtle body (aathman). Mostly, 99% of the yogis sleep in Aghna chakra. When a spiritual person sleeps in Aghna chakra, the sleep will be with total awareness. All the thoughts and mind patterns will instantly vanish and one will be in total silence.

In Aghna chakra, sleep will seem like a mere illusion. One moment, he will close his eyes at night. The next moment, when he opens his eyes, it will be morning. The in-between time would have vanished. He will feel like time has been robbed from him. That is the power of Aghna chakra. In this chakra, you will be with utmost awareness but in pure sunyata. No thoughts, no desires, no dreams! Pure Sunyata! This process of sleeping in Aghna and Sahasrar chakra is called as 'Yoga Nidra' where one would remain in total awareness without any thoughts and desires.

Siddhar Thirumoolar in Thirumanthiram quotes

**“தூங்காமல் தூங்கி சுகம் காண்பது
எக்காலம்?”**

Which means

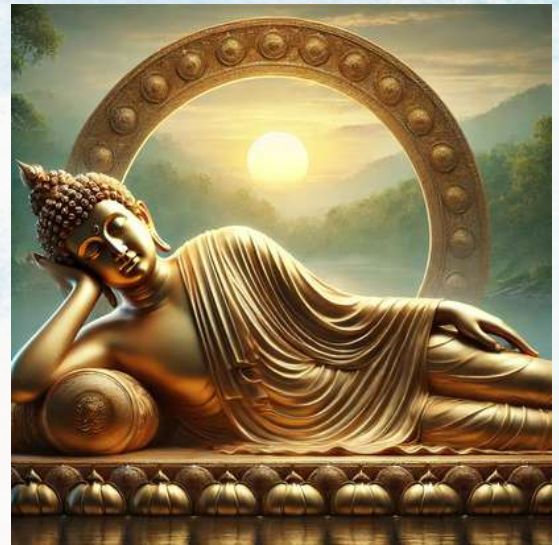
“When will one experience bliss by reaching the state of deep sleep without losing awareness?”

Saints and sages always compare the nature of a cat to the state a yogi should live in. The cat will be in a total relaxation mode when it is sleeping. Every inch of the cat's body will relax and it would lie down as if it were lifeless.



But the instant it hears or notices a small movement around, it wakes up with 100% awareness. The impact of sleep on its consciousness will be nil. It springs up the next instant without any lag. Similarly, a yogi should always be aware even during sleep. Even if his body is in deepest sleep mode, his awareness should be on point all the time.

It is said that Buddha always slept on his right side with his right hand supporting his head and this position is called as 'the Lion's posture' or 'Simhasayana'. And whenever he goes to sleep in this position, he will not move an inch or



change position till the next morning. This is the famous 'Buddha's sleeping pose'. In this position, Buddha remained in total relaxation mode but with 100% awareness. In Buddhism, it is believed that the normal sleeping position will not allow for a mindful resting. Buddha's sleeping position prevented the mind from falling into deep unconscious sleep. In fact, Buddha is always depicted in this sleeping position in the Mahaparinirvana (The great passing away) scene before attaining Parinirvana.

Even before Buddha, is the famous 'Anantha Sayanam' of Lord Vishnu, where Vishnu Bhagawan is seen to be in a state of ecstatic bliss lying sideways in a sleeping pose. He is always seen lying on Adishesan /Seshnag.



One important aspect of sleep is that only when the rational thinking dissolves will the real mind come to play. For example, morning one would be facing an issue and the whole day he would be thinking of a solution, but in vain. Because of overthinking, his mind would be strained, his body would be stressed, and he will feel tired. Ultimately, he will not arrive at any solution. That night when he is in a state of deep sleep, suddenly out of nowhere his mind will give him the solution and he will wake up remembering the solution.

Many scientists have spoken about arriving at a solution in deep sleep in a dream state. For instance, The Russian chemist, Dmitri Mendeleev had been struggling to organize the known chemical elements. After working tirelessly, one day he fell asleep on his desk. In his dream, he saw a table where all the elements fell into place as required. Upon waking up, he wrote down the table as seen in his dream which led to the scientific breakthrough - The Periodic Table.

Similarly, in 1953, James Watson had a dream about two serpents intertwining and forming a spiral structure. It was this dream which gave him the idea of proposing a double helix structure for the DNA which transformed biology and genetics forever. Many such discoveries including the benzene ring structure, sewing machine needle and Einstein's theory of relativity were all inspired from dreams.

This is because when the mind is strained, it becomes drained out and cannot arrive at a logical solution. But during sleep, when the rational mind cuts off, the mind becomes totally relaxed and so it gives the solution. This is the beauty of sleep.

So, a yogi, a seeker and a spiritual person should always try to be aware during sleep and traverse the dream world and other realms with awareness.



**His holiness at Parasurama Kshetram,
Kurnool**

BRAHMATHEERTH

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