

# INTELLIGENT SLEEP

The sleep state has a stronger influence on one's life than one can imagine<sup>1</sup>.

## What happens during sleep?

body — perispirit — Spirit

We are *Spirits*. The Spirit is enveloped by a vaporous substance fine as a mist, which is called the *perispirit*. It connects us to our physical body<sup>2</sup>.

### EMANCIPATION

While our body sleeps, we, Spirits, enjoy other faculties we are unaware of in the waking state. Our abilities expand markedly. Sleep causes a partial liberation of our souls from the body. When we sleep, our body is, for a time, in the same condition that we will confront after death<sup>3</sup>.



During sleep the common mass of spirits seek the lower spheres, to which we are attracted by old affections or our own primitive inclinations; and once there, we indulge in every sensual pleasure. On these visits, we also receive vile suggestions, often baser than we conceive of when awake<sup>3</sup>.

**Caution**

“Watch and Pray” Matthew 26:41

- PREPARATION:**
  - Good thoughts
  - Edifying books
- PRAYER (at bedtime):**
  - Direct your prayer to God
  - A heartfelt prayer is an unfailing means of obtaining spiritual assistance.
- SPIRITUALLY MAGNETIZED WATER:**
  - In the next Morning, drink a glass of water (left at bedside) that good Spirits have magnetized during the night to help you rebalance your energies.

## What are dreams?

### PHYSICALLY:

Dreams are the images, thoughts and feelings experienced while **asleep**, particularly strongly associated with **rapid eye movement sleep**.



### What occurs during REM:

- Stability of brain synapses
- Memory consolidation
- Brain's internal communication system

### SPIRITUALLY:

Dreams are a product of the freeing of the soul, which become more energetic as the activities of daily life are suspended. In the dream state the soul enjoys an all-penetrating clairvoyance which extends to far away and unknown places, and even other realms of life. <sup>3</sup>.



### TYPES OF DREAMS <sup>6</sup>:

1. Memory of the past
2. Presentiment of the future
3. Communication with other incarnated or discarnated spirits
4. Sometimes they are the reflex of the confusion that accompanies our departure or our return mingled with vague memories of what we have done or of what occupied our thoughts in our waking state.
5. Prophetic Dreams: Joan of Arc, Bible, etc.

## Why don't we recall our dreams?

In what we call sleep, only the body rests. The Spirit is always in motion. During sleep, it recovers part of its freedom and contacts those closest to it, on this or other realms. But the body's matter is heavy and it is difficult for the spirit, on waking, to retain the impressions it received during sleep, since these did not come through its physical organs<sup>4</sup>.

However, as Spirit, we will remember the advices received during sleep at the appropriate time.



## INTELLIGENT USE OF SLEEP

### THERAPY

We can do all sorts of therapy during sleep. In particular, we may use our time in the spiritual realm to reconcile with our enemies. While in this state, the Spirit reveals its true identity, making it impossible to conceal its feelings. All we need is strong will and ask for our Spirit Mentor's guidance.



### SEEKING ADVICE

During sleep, Spirits who have attained reasonable progress often seek the company of more advanced Spirits, talk with them and receive their advice<sup>5</sup>.



To achieve this level, we need to lead a balanced life during the day.

### HEALING THE PAST

The state of freedom during sleep may produce recollection of events from present and prior lives<sup>3</sup>.

Spontaneous recollection of the past through dreams may be very useful to those who suffer from inexplicable problems.

### REVELATIONS



### PREPARING FOR THE FUTURE

This type of dream allows you to foresee the future. The dream may be a foresight of what will happen later in this life, or even a future life<sup>3</sup>.

In the Bible, we see many prophetic dreams preparing humanity for future events.

### SPIRITUAL WORK

Andre Luiz's books show us many examples of work that we are invited to do in the spiritual realm.

Depending on the Spirit's advancement, it can help in guiding others, in mediumistic services, lectures and courses for discarnate as well as incarnate spirits.



### COURSES AND TRAINING

According to Andre Luiz in *Missionários da Luz*, the spiritual realm has also many rooms for trainings and courses of all sorts, but very few incarnate people attend these lectures. There are courses about any subject we are interested in. If we ask our spiritual mentors, we can attend courses to improve ourselves in all sorts of needs.

### REFERENCES

1. The Spirits' Book, Allan Kardec, Q/A 401
2. The Spirits' Book, Allan Kardec, Q/A 102
3. The Spirits' Book, Allan Kardec, Q/A 402
4. The Spirits' Book, Allan Kardec, Q/A 403
5. The Spirits' Book, Allan Kardec, Q/A 410
6. The Spirits' Book, Allan Kardec, Q/A 404

*We can learn a lot about our true identity through our dreams.*