

## **Article 34: Are You Living Your Dreams?**

Whether or not you realize it, there is probably a pathological disagreement and conflict between the self and life you are living and the lifeseff you believe you are living, want to live, want to avoid or stop living, or feel you should live.

The biologic rhythms and patterns of your embodied self and life are synchronized by cycles of day and night; by cycles of enlightenment/unawareness or consciousness/asleep. During period of seeming darkness or unawareness, sleep offers the dreams that reveal the self and life you are living, regardless of the lifeseff you think you are living, ...so you can, through this awareness and understanding, consciously live, when fully awakened, the self and life you truly desire: the life of your dreams. The true meaning and purpose of your lifeseff, of your trueself, peaks at night to enliven you, to awaken you to your dreams, ...so you can fully and consciously live the happiness and wellbeing you desire. The darkest moments in your life carry wondrous enlightenment within them, which is constantly offered to you. These dark moments, should you be willing to understand them, offer you the insight and awareness you long to see and know. Without sufficient sleep, you are never fully awake. Live your dreams.

Do you have problems sleeping? Are you fearful of discovering the self and life you are actually living? Are you willing to be awakened to your lifeseff? Are you willing to consciously live your trueself? If you have been afraid of sleep as a *little death*, now you can understand that death and resurrection, in any form, is God's forgiveness, ...which offers awareness and understanding of your enlightened self ...so you can consciously live that at all times. Death, like sleep, is a time of awakening, ...not loss.

The truth of yourself is not revealed so much when exposed in the light of day, but more fully and accurately when alone in darkness, ...when unseen.

**Live the truth and fullness of yourself  
at all times,  
...in the light and in the darkness.**

Have you ever looked at the night sky and seen a manmade satellite brightly pass from horizon to horizon? Since the night sky seems so dark and the satellite is not lit, ...how is this possible? ...how can you possibly see a dark object in a dark sky? Obviously, the darkness is filled with light, or enlightenment, and only needs an object to reflect that light. In the same way, physical life needs you to reflect its wondrous unseen light; ...and you

are needed to reflect the unseen light which is within you ...and all around you as well. Are you willing to lighten your self and life by reflecting your own enlightenment? Are you willing to guide and enlighten the way for others?

Consider the stars, they are so many light years away that they cannot ever be seen in the light of day, yet in the dark of night they become fully visible. Understand, you can frequently see farther in the darkness, and further in unawareness, and more fully and completely in the nighttime of dreams, than you can in the light of day, in enlightenment, or in your conscious awareness.

**You are preparing yourself to  
live your light and enlightenment at all times.**

The first years of life are reserved for becoming aware of yourself, for understanding previous lifetimes and choices, and for the rededication of yourself in this life. When this enlightened self-awareness/dedication process is complete, or near completion, it is replaced by the "darkness" of consciously living these awarenesses and your dedication. Through dreams, life offers you a continuous cycle of enlightened darkness and a conscious life in which you can recreate and live your newly-awakened and enlivened self.

**Isn't life a continuous wonder?**

