

Transitional Sleep Part 2

Contact with the inner mind cannot be made by force or an act of will, in fact, the exact opposite is true. The combination of a passive mind freed from extraneous thoughts and a body free from tension and stress are primary requisites for contacting the power within. Millions, however, do receive glimpses or impressions from the inner mind. Few people without training are able to catch more than a fleeting glimpse of this area of the mind, even though they normally pass its portals at least twice each day. Much like the speeding express, we glide by the stations of the inner mind as we commute between consciousness and deep unconscious sleep.

Although channels of awareness and power are awaiting our acknowledgment along this route, without training or control we can do little more than glimpse this area in passing.

To one person the transitional-sleep state suggests a dreamlike tranquility; to another, those last few seconds prior to sleep reflect an innate sense of timelessness. One of our students phrased it this way: "It seems as though my first thoughts upon awakening have a clarity and keenness and depth of knowingness that transcend my normal reasoning qualities," she said. Still others awaken from slumber to recall dreams depicting strange and interesting events. If the sleep has been sound, only the end of the dream, like a final scene from a play, will be recalled as consciousness returns. Thousands of people have discovered that often answers to perplexing problems, so elusive during the day, will appear suddenly at this twilight period of sleep.

Many inventors rely upon the transitional-sleep state for their inspiration. You have experienced flashes of genius. Everyone, at one time or another, receives impressions from the inner mind that he cannot explain.

It may be an intuitive hunch such as anticipating someone's telephone call or someone's thoughts; or a strange feeling of foreboding prior to hearing bad news; or perhaps a lucky decision or a break of an important nature. Some receive such impressions often, others seldom, but such experiences are universal in scope and vary only in frequency and degree. This information is received from the inner mind in a flash due to momentary cessation of conscious thoughts, for when the mind is stilled truth from within flashes through. Many of us accept these things as a coincidence or as a matter of course, and we attach little significance to them. Others are more deeply impressed.

They wonder how they receive these flashes of wisdom, and why they are unable to summon them at will. Such experiences do furnish irrefutable proof of the inner intelligence, but they have little value. To quote one man. "You cannot depend upon the sudden hunch or the intuitive flash of knowledge, for its occurrence is unpredictable." Yes, sporadic evidence reaches us all, but without training or direction the nature of mind power is rarely understood.

A person in transitional sleep is highly sensitive to suggestion. It is at this level of mental and physical relaxation that forgotten memories may be recalled. To most, the transitional state suggests sleep even though its levels differ from unconscious night time sleep. Of course, one who is in the transitional state is deeply relaxed and does give the appearance of being sound asleep, so for easy identification we refer to this bridge between consciousness and sound sleep as the transitional-sleep state.

About the Author

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