

# A perfectly accurate dream

Daniel Band

2016-02-18

**Luana:** I dreamt that a friend asked me about consciousness. I answered something like this: "Yes find awareness that is the Self". The Self is *Bhagavad Gita* and *Bhagavad Gita is the Self*".

**Daniel:** This is a beautiful and perfectly accurate dream. Because of your spiritual work (*sadhana*) through self-inquiry, you are receiving clear confirmations of the truth.

**Luana:** I often get information in my dreams. Though I know it is just experience, is this not the truth?

**Daniel:** Use these experiences to further deepen your self-knowledge, the knowledge that you are the limitless Self.

**Luana:** Could you please tell me how to understand dreams like this. I also dreamt that only god is real. That was very helpful for me to discriminate between Self and ego and to really understand the difference between reality and existence.

**Daniel:** I am not qualified to intemperately dream-work so I am unable to offer an in-depth comment, however I will say that these "spiritual dreams" are acts of grace from *ishvara*. These revelations are the fruits of your spiritual work and a byproduct of your desire for liberation (*mumukshutva*).

Where it be in the waking state or dream state, these non-dual epiphanies can be used to further ones confidence in the truth as the truth. And what is the truth? The truth is that you are the non-dual, self-lit, ever-present, unchanging Self that knows Luana and her dreams. You are always free from Luana.

God is only apparently real, meaning it is in *mithya*. The definition of "real" is something that does not change. And there is only one 'thing' that does not change, you, awareness (*satya*). Only you, unchanging awareness is real. Everything else is apparently real. Apparently real means that though it does exist, it is subject to change and depends on you (awareness).

Discrimination is simply understanding that you are unchanging Self and that what arises to/in you is an object. (The ego/Luana being an object known to you, awareness)

**Luana:** The thoughts I have received in dreams help me see truth or go find it.

**Daniel:** There is nothing to go find, Luana. You have already found what needed to be found. You know the truth; you are the truth. Your seeking has ended, be confident in this, Luana. The only thing that remains for you to do is to fully assimilate your true nature; i.e. what it means

to be awareness. The full assimilation of self-knowledge will gradually form as you continue to apply the teachings.

I am happy for you. You are welcome to write to me anytime.  
Much love,