

# I Do Not Sleep

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Source: <http://www.shiningworld.com/site/satsang/read/3072>

Below is a post and its comments from the [Non Doodle Facebook](#) group.

**Inquirer:** An observation about sleep: given that we are limitless awareness and that everything in the waking state exists because of us, we need regular sleep to recharge because of the enormous amounts of energy to keep the waking state in existence.

**Daniel:** The “we” is actually not a “we,” nor the “us” an “us.” You are confusing *satya* (“pure” awareness) with *mithya* (the apparent reality). Let’s rephrase your statement:

“I, awareness (*satya*), am limitless, and everything in the waking state exists only because of me. Actually, all three states (waking, dream, sleep) are just objects that arise to/within me. I am free from all objects. I, awareness, do not sleep. I don’t require recharging, because I am inexhaustible. I am free from energy and all apparent qualities (*gunas*). The limited *jiva*, however, has limited energy and requires recharging to keep functioning within the waking state. The limited *jiva* does not keep anything in existence but is merely just a microcosmic speck within the macrocosmic speck.”

**Vedanta student 1:** Awareness doesn’t sleep. No need, nor is it an option. But it’s helpful for the *jiva* too. So my body gets about seven hours. Usually it functions better with a few hours less than more.

**Vedanta student 2:** Sleep is overrated (*tamas*) So is working three jobs (*rajas*). This type of scenario rendered my *jiva* into a disaster burnout state. It all began by false appraisal of objects and their value. Continued inquiry shows this.

**Mooji student:** Yes. We need a break from our “thoughts.” Otherwise there would be sensory overload. Mooji, my teacher, speaks of this.

**Established Vedanta student:** There is no sensory overload for awareness. Sensory overload for the person is another thought making its appearance in you.

**Inquirer:** The relationship between awareness and the *jiva* is very interesting. As Non Doodle remarks about the hardwiring of the *jiva* to the phenomenal world, there is a need to continually explore this relationship because it is so easy to get wound up in *mithya* and what we are actually mistakenly relating to. Awareness is complete. The mind, although subtle, is still an object, so the sensory overload is necessarily the subtlety of the mind we take as real that is having a bad day. From what I have learned to date, to chill all anxiety and stress, is the making

of the world objective. All we have to do is to put in a stellar performance in the play of life. Art for art's sake.

**Daniel:** Without sounding too Neo here, in actuality there's no relationship, only apart from the idea of a relationship. A relationship implies duality and is therefore only a result of the *jiva* mind. You, awareness, have no relationship to/with anything, because everything IS you. You (reality) are non-dual.

The relationship between awareness and the *jiva* is not really interesting but simply straightforward: "the *jiva* is an object known to me and I am free from all objects." Full stop. It only seems "interesting" when awareness is still apparently caught up as the *jiva*. Nonetheless, I get what you're saying, and you're totally correct by stating the necessary work required to chip away at that hardwired ignorance (misidentification). Keep discrimination simple.