

# Deep Sleep Is Reflected *Paramarthika*

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**Questioner:** Good afternoon!

Thank you for your great contributions to spirituality! I have watched so many videos of Ramji and read a few of his books. Very enlightening!

I have a question! Vedanta talks about three levels of reality: (1) *paramarthika satyam*, (2) *vyvaharika satyam* and (3) *pratibasika satyam*.

Where does deep sleep fit in? What *satyam* does it belong to?

I appreciate if you could clear my doubt on this! Thank you!!

**Sundari:** Your question is one I have not had before. The three levels of reality are interesting in that there is only one “level” to reality and that is *paramarthika satyam* (consciousness/the Self), as this is a non-dual reality. Duality (ignorance) is a superimposition onto *paramarthika/non-duality*. *Vyvaharika* and *pratibasika satyam* only operate in and apply to *mithya* (the effect of duality on the mind), though *paramartha* is always present as the knower of both. The deep-sleep state, which is *mithya*, is in neither state, as *vyvaharika* and *pratibasika* only function in the waking state. In the dream state both *vyvaharika* and *pratibasika* are known to be unreal, but in the waking state are taken to be real, unless Self-knowledge negates them. *Paramartha* (consciousness) is never “in” any state and is experienced as reflected *paramarthika* upon waking.

I hope this answers your question.

~ Much love