

Daydreaming, Step One to Expanding Consciousness

by Ariel Bar Tzadok

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Consciousness, as we know it, relates to and keeps us connected to the external world surrounding us. Many people mistakenly believe that the external world alone is the only true reality. Yet, we all know and often ignore that there is an alternate consciousness which is inside us and we experience it every time we close our eyes, or simply stop paying attention to the outside world and allow ourselves to simply daydream.

Experiencing an alternate consciousness can begin with something as easy as a daydream. Daydreams can become more and more real, if we allow them to become so. There is an famous, old Taoist teaching by Zhuangzi, where he states that he slept and dreamed that he was a butterfly. The dream was so real that when he awoke, he wondered whether he was truly a man who dreamed he was a butterfly, or if in reality he was then a butterfly dreaming that he was a man. The psychological principle herein is universally sound and speaks about an experience and an ability shared equally by collective humanity.

The prophetic path in the Torah tradition was solidly based on teaching its adherents how to experience alternate realities. These became known as prophetic experiences, and later as Merkava descents and Hekhalot ascents. All these experiences shared one great thing in common, they literally brought the practitioner an experience that was out of this world. Yet, these experiences certainly came with a heavy price tag. Biblical prophets and later Merkava and Hekhalot mystics were often considered by outsiders to be crazy people. In the Bible, prophets were called “meshugah,” which means crazy, as in out of their minds.

Today, we would call such a state a clinical psychological aberration. But was it? To those who deny the inner reality, any experience of said reality is, in their eyes, psychologically unsound. Yet, to those who are as familiar with inner reality, as they are external reality, those who are blind to the inner reality are the psychologically impaired and are considered to be seriously mentally challenged. This was the message of the Biblical prophets, and all later mystics, not just those of Israel.

Those adept to inner reality “scream from the mountaintops” about the unseen reality of the inner mind, yet so few pay any attention, and so few ever make any attempt to see and experience for themselves. No wonder then that the enlightened, have always been a mysterious group, misunderstood and disrespected by the masses who deny the reality upon which their experiences are based.

The reality of what we call the spiritual is not too far away for everyday people to experience. The greatest obstacle in getting there is our own delusional beliefs that such

experiences are inherently false and that such experiences should never be pursued, much less believed, if ever experienced. This prejudice and misguided norm is what keeps most people in a state of psychic/spiritual imbalance. After all, how can one embrace an experience of something that one believes deep down is both false and unreal. First, we must unlearn what we have learned and then start by relearning new realities. These cannot be just taught by rote, and accepted. No! New reality, in order to become real and to replace the old, must be experienced in order to be believed. In this case, seeing is believing.

Daydreaming is the easiest way to begin experiencing something different and new. Daydreaming, when you allow yourself, can transport your mind to anyplace, anytime and in anyway. If you can think it, you can imagine it. If you can imagine it and embellish your imagination with all kinds of details and passion, who's to say what you imagine is any less real than when you stop imagining? Just because the imagined image has gone away does not make it any less real.

Remember, memory and sensory experiences all simply electrical impulses in the brain. We can train our brains to experience the electrical impulses from outer and inner stimulation identically, and even simultaneously. And who is to say that what is experienced inside the brain is any less real than that experienced through the outer senses? Sensory experiences, and what we today call extra-sensory perceptions all are received in the same brain. It is just that we have regulated ourselves to embrace the sensory and to ignore the extra-sensory. Like any good trip to the gym will show, a muscle unused becomes weak and atrophied. Exercise will, slowly but surely, revive that muscle and make it strong. Strengthening the mind works in just this same way.

Relaxing and solitude always help in daydreaming. This is because we need to reduce the amount of brain power that is being devoted to sensory perception. If there is less to see, hear and feel, then there can be more to imagine. Therefore, go someplace quiet and alone, and begin by allowing your mind to wander freely. Think about whatever you desire. But the key element here is desire. You have got to feel what you want to think. You have to really want to be where your mind is imagining. **According to the power of the will and the passion, so will be the reality of that which is imagined.** One can even go so far that what is imagined can actually materialize into this sensory world and become real by both inner and outer standards and definitions of reality.

One special way to connect with God is to visualize the holy Name YHWH and then to allow one's imagination to go free and to experience the Name in whatever form and manner one's free mind will direct. One begins with the Name, either the Hebrew letters, or merely the concept of the Presence of God, and then one allows the imagination to take over. One can see the letters, talk to the them, taste them or feel them. One can sense a Presence, talk to the Presence, or even dialogue with it. As one becomes more and more comfortable with letting go of conscious control, the more one will enable the inner mind to strengthen, unleashing itself from its tethers, and to begin active imaginative input into your daydreams. When this occurs, true mind travel begins.

Now, one must always be cautious. When opening up the inner mind, we tend to unleash that which has been buried there, and many times that which we have buried can come back and haunts us. These matters need to be resolved within the minds and feelings of each individual. In psychology, this is called the shadow realm. In later Kabbalah, this realm is called the klipot (husks, shells of the mind). In prophetic teachings, based on the visions of Elijah and Ezekiel, this is called the raging storm. Even when daydreaming, one must always maintain an element of guidance and control, not allowing the mind to go into realms too frightening to deal with.

In prophetic tradition, the daydreaming mind is untethered and then directed through the use of suggested imagery and repeated recitations, usually a combination of scripture verses or angelic names. These help keep the mind focused and directed towards a desired goal. ***Rather than rely upon what we believe are mystical and magical formulas passed down to us by ancient sages, we can also pick and choose that which we find meaningful and memorable to us individually.*** While this may not enable us to directly connect with God, it can at least get us started in the right direction, by getting us used to going off into the mind, into places outside of normal consciousness. It is this first step that is the hardest to achieve. Yet, once this first step is achieved, the rest can come much more easily.

Take time, trust yourself, allow your mind to go free and wander. When you daydream yourself a butterfly and it becomes such a real experience that you question what is real, your daydream or you day-awakening, then you are on the verge of taking the next steps into a greater world.

This first step is both the hardest and easiest. Everyone can do it, yet of all of us who have the ability, how many of us will use it? Freedom of the mind leads to freedom in life. It all starts with a single first step.

Now you know what to do. Go and practice.