

# Life is a Dream

By Paramhansa Yogananda

### **LIFE'S DREAM: THOUGHTS OF SPIRIT**

Thought of matter, energy, all matter, all things, are nothing but the differently vibrating thoughts of the Spirit, even as man in his dreams creates a world with lightning and clouds, people being born or dying, loving or fighting, and experiencing heat or cold. All the births and deaths, sickness and disease, solids, liquids, or gases in a dream are nothing but the differently vibrating thought of the dreamer. This universe is a motion picture of God's thoughts on the screen of human consciousness.

~~~

### **DO NOT TAKE THE DREAM FOR REAL**

The more you think that this life is real, the greater will be your punishment. You are only here for a little while, and you must realize that you are a divine traveler. You must not tie yourself down with limitations but must remember the vastness of Spirit. Attachment to the physical body causes a host of sufferings. The only reality that your body has is as a memory of a fragile body dream. The change of life and death is nothing but a series of motion pictures. No matter what your circumstances may be, remember that you are only playing a part. Instead of trying to satisfy all your various desires, try to please God, always remembering that you are made in His image. God wants us to consider this world only as a drama, in order that we may enjoy His consciousness, even as in His creation He enjoys His infinite happiness.

~~~

### **THE SOUL: EVER UNAFFECTED BY THE DREAM**

In a dream, there might be fights with weapons, flood, fires, storms, but these do not affect the consciousness of the dreamer. So, the soul is not affected by its dream cosmic created objects of solids, liquids, wind and fire. Just as the consciousness of a dreamer is not burned by the fire of his dream, so also the soul is unaffected by the objects evolved and vibrated out of it. The flood or storm in a dream does not affect the dreamer's consciousness. So also, the creator soul's consciousness is not affected by its created objects.

### **LET THE DREAM NOT FRIGHTEN YOU!**

At times life seems to be a cruel game. The only justification for it is that in reality it is only a dream. That is why there are so many differences in the world. Some people are poor, some are rich, some healthy, some sick, and so on. You have had many experiences through many incarnations and you will have others in future incarnations, but they should not frighten you. You must play all parts in the motion picture of life, inwardly saying, "I am Spirit. " This is the great consolation that wisdom gives us.

~~~

### **OVERCOMING THE DREAM REQUIRES THOUGHT POWER**

Sometimes we think it is easy to say that this universe is a dream, but as soon as we come in contact with the realities of experience, we have difficulty in thinking that this life is only a dream. It is necessary to develop our thought power in order to realize that this universe was made from the thought of God.

~~~

### **ESCAPING THE DREAM BY DIVINE REALIZATION**

Every morning we become identified with the flesh with all its limitations. We have developed the image of delusion. Within this image of delusion is hidden the image of God. When the image of God is realized, then we will see this body as a dream.

~~~

### **THE SUBSTANCE OF THE DREAM**

We have no existence but in the universal. The body you see is nothing but materialized electricity. How could electricity be sick? It is a delusion. But simply saying it is delusion is not enough. If in a dream you see a wall and you see your body strike the wall, you will have a broken skull in dream. *Yogoda* says it is only by coming in contact with God that one sees that God is the universe, and that the body is nothing but condensed electricity. Science has said that electricity is nothing but energy or frozen cosmic consciousness.

### **DREAM WELL!**

A dream of prosperity is better than a dream of failure. Why not dream prosperity if you have to have dreams? You must have good dreams in this life. If you have too many bad dreams you will be very busy crying and not have time to know that it is all a dream. The dreams of health and prosperity and wisdom are better.

~~~

### **DEATH TOO IS BUT A DREAM**

The physical body is a dream, and death is a dream. So, every time you are in trouble, just say, "I am dreaming." Nothing can really happen to you. That is the ultimate realization; just one dream happening to other dreams. The big fish eats the little fish; both are dreams.

~~~

### **AFFIRM FREEDOM FROM THE DREAM**

If you strengthen your mind, you will not feel bodily pains. No matter what happens, you must be absolutely free in your mind. As in a dream you may think that you are ill but, awakened by a slap, you see it is not true; so in the state of wakefulness you must know that this life is also nothing but a dream.

~~~

### **MIRACLES WITHIN THE DREAM**

If a small piece of cork is tied to a heavy piece of iron, it will drown in a pot of water, but if the iron was separated from the cork, the cork would float on top of the water. Likewise, the body is overloaded with the iron of material consciousness. That is why it drowns in water. When the material consciousness is separated from the body by meditation, then the body can float on water or walk or fly in the air at will. In a dream, when one beholds a dream body drowning in a dream ocean, he can by the art of changing dreams, see that the dream body is floating safely on the dream waves. As a man can change his thoughts, so a superman can change his experiences in the world just by changing his intuitive convictions.

### **A DREAM BLUFF TO TEST YOU**

Always meditate upon this and know that this Universe is nothing but a dream bluff of Nature trying to test your consciousness of Immortality.

~~~

### **CONQUER THE DREAM SENSES**

Do not let the kingdom of your immortality be shrouded by the mortal senses. When you have conquered the delusive senses, when you have established your immortality, then you will find that this world was but a dream. Keep your mind on God all the time.

~~~

### **WILL POWER FOR GOD: ALL ELSE IS DREAM**

God is imperishable and with God everything good will come. Develop your will power. Turn your will power away from desires and say this life is but a dream. Make up your mind to will for God.

~~~

### **DREAM SONG**

Be like the Saint who sang: "Then life is sweet, and death is a dream; then health is sweet, and sickness a dream, when Thy song flows through me." Then you can say: "I am immortal, and death, life, health, and sickness are but dreams. I am a child of God."

~~~

### **ENDING THE DREAM IN SAMADHI**

A dreaming person can never know that a nightmare is a nightmare unless he wakes up. So also, unless we wake up in the land of ecstasy and become one with God and awake in God, we cannot realize that this universe is a frozen imagination of God or the dream of God, which can be dispersed only by our awakening in Spirit and by samadhi.