



Theosophical Society Point Loma - Blavatskyhouse

Literature, supporting the study (on Sunday, December **03**, 2023)
of the lecture of Joop Smits (on Sunday, November **26**, 2023)

Series: **Becoming familiar with the cycle of life and death**

Lecture: **Learning processes during sleep and death**

Gottfried de Purucker 'Sleep and death are twins'

Questions We All Ask, series 1, p. 437

Free download of the original edition of the book:

<https://blavatskyhouse.org/literature/gottfried-de-purucker/questions-we-all-ask-series-1-2/>

Q. — *I understand that during sleep the soul leaves the body and goes through various experiences. What happens in the case of a person suffering from insomnia, or of a person who wakes frequently during the night? Does such a person's soul suffer from being dragged back continually?*

A. — No, for the reason that the person's soul, to use the phraseology of the questioner, has not gone. Obviously. Were it gone, there would be no awakening. There would be no insomnia. But it is true that during sleep, the 'soul,' to use the ordinary word, does depart from the body, and goes through various experiences; and, let me tell you, some of the most wonderful experiences of human existence are passed behind the veil of invisibility. Have you ever thought how mysterious a thing sleep is? That we lay ourselves down at night in our beds in peace and comfort, and with the assurance that we shall be there again in the morning? But just think what happens. Is it suspended animation? It is not. The body is very much alive, but something is different. The body moves, stirs, breathes, snores, may groan, may talk. All these things are reflex actions, nervous reflexes or what not; but do you ever see or hear of a sleeping body writing a noble poem, or delivering a lecture on religion or philosophy, or doing an act of magnanimous duty or compassion?

And yet, in the morning something happens. The eyes twitch and open, the man is again there. I will tell you what happens. Sleep – and this case is that of the average man, and of course barring accidental cases, because there are always exceptions to every rule – sleep, as the

ancient Greeks said, is the twin brother of death. *Hypnos kai thanatos*, sleep and death, are *adelphoi*, brothers. Sleep is imperfect death. Death is perfect sleep.

In these words you have the key to what sleep is. The human Monadic Essence, while the body is resting in peace and quiet, recuperating its forces, is off on rapid peregrinations through the spaces of Space – spaces inner and invisible, spaces outer and visible – going through, on a smaller scale, and in minor reaches, what the Monadic Essence does when the body is finally cast aside at the event that men call death.

In sleep you go to other planets; in sleep you go to the sun mayhap, or even to some star. And alas, listen: in some cases, and thank the immortal gods that they be so very few, the peregrinating entity goes to places of experience whither no human intelligence would willingly go. And I will tell you why: like attracts like. As ye receive after death what ye have sown, what ye have won and earned, so in sleep for and by the same reason of over-mastering attraction, you are drawn thither whither your desires impel you. Take heed. Nature is not mocked. Things do not happen haphazard. What ye sow ye shall reap; and ye are now reaping what ye have sown. The law of consequences is the same whether in sleep or in death or in life.

If your thoughts are low and vile, to conditions and states which are vile and low will you go. And if your thoughts turn towards the sun, and your vision is set upon the stars, when ye are awake, and your heart is filled with aspiration and almighty love, thither go ye likewise. Overmastering love, attraction, draws you. Death and sleep are twins, for sleep is an imperfect death, and death is a perfect sleeping. I mean every word that I now say, and mean it literally.

In the case of insomniacs, the inner Fire is not freed, it is not free, winging its way from earth. But it is held within the spheres of attraction of the body, and thus cannot pass on. Consequently there is a backward and forward movement, pendulum-like, into temporary unconsciousness, and return to the consciousness of the brain-mind – wakefulness; and this is insomnia.

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