(i.e. mind stopped i.e. self) Lit.

Real I = Light natural

False I (i.e. mind working, egoism) = darkness unnatural

The existence of natural Light = darkness natural

The existence of unnatural darkness = unnatural Light (i.e. The universe, maya, all that the unnatural darkness (i.e. false I i.e. egoism) sees, hears, smells, eats and experiences throughout.

Because we have seen where there is Light there must be darkness. As that darkness proves the existence of light So ~~darkness~~ because darkness is Light is. Thus

Because natural darkness is natural Light is

Because unnature darkness is unnatural Light is.

So if there were no unnatural darkness there would be no unnatural light

~~i.e. if there was no mind working~~

As long as mind is working (unnatural darkness) so long there is universe (unnatural light) & its experiences.

Once the mind stops (i.e. unnatural darkness disappears) the experiences of the Universe (unnatural light) also stop.

So in the ordinary awake state the mind working (i.e. unnatural darkness) the universe & its experiences (unnatural light) exist. But in the sound sleep the mind not working (there the mind is stopped) the universe

& its experiences vanish. There only nothingness i.e. natural darkness prevails. There only Light & its extra darkness remain.

Thus the nothingness of Sound Sleep is Natural Darkness.

We in the very beginning said

God in the Sound Sleep (natural darkness) is VIEL

& in the dream & awake state (unnatural darkness) is GIEL

So now God's two SIGN !—

God i.e. Light in the natural Darkness.

God in the Unnatural Darkness

natural Light

natural darkness

unnatural darkness

unnatural light (i.e.

The whole universe

i.e. The whole

Maya.

where only self (i.e. Light) is only nothingness (i.e. natural darkness) is

from this natural darkness (i.e. nothingness)

unnatural darkness (i.e. mind working, the false I, egoism) is ~~to~~ produced.

From unnatural darkness (i.e. egoism) unnatural light (i.e. universe is produced) is produced.

Thus from, nothingness ~~ce~~ this universe comes out

natural darkness see v.e. nothingness

comes out

unnatural darkness. v.e. egoism = mind. & from it

comes out

unnatural light universe, maya

So the whole of maya comes out from nothingness!

So what can that be but nothing which comes out of nothing.

So the whole of maya is nothing

P.T.O

So when the mind is working all this is, & when the mind is stopped all is nothing

So now unnatural ~~light~~ darkness means mind & unnatural light means the body & the universe.

As long as mind is working there is this body & the universe; Once the mind is stopped, no body & no universe.

Thus in the dream & awake.

state there is mind, body, universe etc. But in the sound sleep state no mind no body no universe

Thus mind, body, universe all nothing, all false all ~~[illegible]~~ Mn

---

mind stopped is natural Light (with natural darkness along side)

mind working is unnatural darkness (with unnatural light along side.)

Thus Mind stopped is Light
God Self

mind working is false
I, ὁ εἰ.

Thus in every one of you there is natural light (i.e. your real self) & natural darkness (i.e. the [illegible] of light i.e. spirit) & unnatural darkness (i.e. mind) & unnatural light (i.e. body, & the whole universe).

~~Now natural darkness [illegible]~~

now The natural light through the natural darkness experiences (i.e. sees) unnatural darkness, through the unnatural darkness experiences (i.e. sees) unnatural light. i.e.

Self through the spirit experiences mind & through the mind experiences the body & the universe. Thus self experiences as long as there is mind & body & does not experience when there is no mind & body. Thus self.

is aloof from everything & yet in everything.

The same light is in natural darkness, unnatural darkness & unnatural light.

i.e. The same ~~God~~ self is in spirit, mind & the body (& universe)

i.e. God is in

I Self (aloof from everything) [illegible]

II Spirit (which is everywhere being natural darkness) or nothingness

i.e. [illegible] meaning everywhere.

III mind (which is limited, in every body) [illegible]

IV body (which is more limited [illegible]

So Kabir says

[illegible] (body)

[illegible] (mind)

[illegible] (Spirit)

[illegible] (self)

now natural darkness sees natural light every second. and unnatural darkness sees unnatural light every second.

~~In sound sleep~~

(i.e. the Spirit sees the self & the mind sees the body & universe)

In the Sound Sleep the
Natural Darkness (Spirit)
Sees Natural Light (Self)
& in the awake state
the same natural darkness
(i.e. Spirit) becomes the
unnatural darkness (i.e. mind)
So to Say in the awake state
the spirit & mind are
linked & the body & Senses
exist; But in the Sound Sleep
state the body ~~body~~ & the

universe do not exist (because) the mind is merged in the Spirit.

So in the Sound sleep state the mind is merged in the Spirit (no realization)

But if in the awake state the mind be merged in the spirit then the universe & the body exist but mind does not exist.

we have seen before that when the mind exists the body & the universe exist. That ~~tho~~ when the universe and the

body exist the mind exists.

But here (when in the awake state the mind is merged in the Spirit) the universe & the body exist but the mind does not exist i.e. the mind & Spirit unlinked & this is realization

~~That is the unnatural light must remain & the unnatural darkness~~

Thus the mind (false I, egoism) becomes the Spirit

& the spirit seeing Self
every second the mind
(egoism false I) which
has now become the Spirit
sees the Self & says I
have seen God, I have
realized Self.
Thus the mind i.e. the
false I egoism when
not the spirit (i.e. merged
in the spirit) sees the body
& the world. & when the
spirit (merged in the spirit,)

sees the self. Thus the mind when becomes the spirit (i.e. nothingness, natural darkness which is universal it being the ~~[illegible]~~ [illegible] of Universal Light) is Universal (satpurush being) & when mind is limit (ordinary being) And thus the limited mind, that is the limited egoism now becomes the unlimited i.e. Universal (I) egoism & says "I am

everywhere" {[illegible]}

—

Thus the false I when working is limited & the false I when stopped is universal. That is the mind when working feels I am this body only & when stopped feels I am unlimited.

So if all comes that the spirit when working

is mind & the mind when working is body & the universe.

~~In H~~ now therefore

(2ᵐᵒᵗᵒ) The real I unlimited (natural Light

(2ᵐᵒᵗᵒ) The false I unlimited (natural darkness

(2ᵐᵒ) The false I limited (unnatural "da"

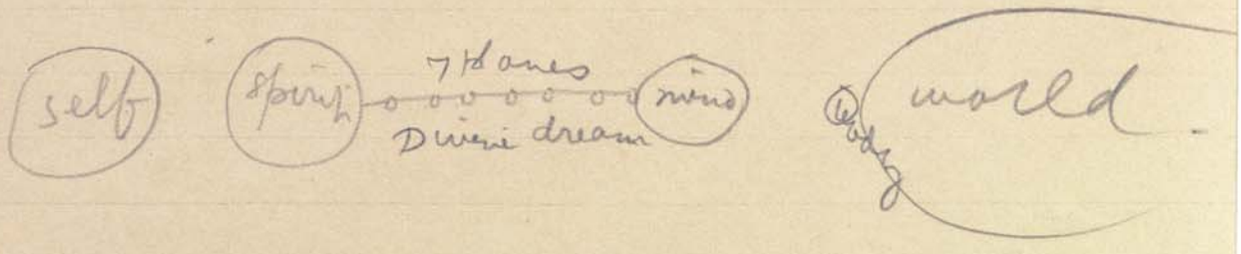
unatural light = body & Universe.

The unlimited egoism (false I) sees the unlimited self & the limited egoism (the false I) sees the body & the universe.

Now the body & the universe (i.e. the awake state) must exist & the false I ~~been~~ limited, must become the false I unlimited; & ~~then~~ so it realizes (sees) the self.

So in the awake state the limited false I

must become the unlimited false I. i.e. The mind stopped (as in the sound sleep state) in the awake state (i.e., the experience of sound sleep in the awake state.



So we have thus far understood that mind working i.e. limited egoism (false I) sees the body & the mind and mind unlimited (i.e. unlimited egoism (false I)) sees the self.

~~Limited mind~~ mind working says I am (this body) finite, and mind unlimited says I am infinite. & mind working is limited & mind stopped is unlimited & so the ~~mind~~ to realize the infinite self mind stops in the awake state.

Now between the working mind & the stopped mind i.e. between false limited I and false unlimited I i.e.

between the mind & the spirit, there are 7 stages, 7 planes, 7, 3407.
when the willing limited mind has to become unwilling unlimited mind it has to undergo the process of concentration. By gradual concentration the limited mind gradual breaks of its limit and as the limit is gradually broken the planes are gradually experienced by it. The more the mind is concentrated the more it advances in the planes. And when concentration reaches its highest state the mind is entirely stopped; i.e. all its limits have been broken i.e. it has now become unlimited, & the mind stopped i.e. unlimited is realizing God every moment. So the mind now realizes

self. The yogis have different methods of making the mind stop but it all comes to Concentration. So by the process of Concentration is the goal gained. But the concentration must reach such a stage as to make the mind stop. This is a very difficult process and it takes a very very long times. Because the mind if it succeeds in concentrating a little, to it is manifested the 1st plane, which so interests it that it gets concentrated on that only. & if it (by the grace of the Guru, or its ईश्वर) concentrates more the 2nd plane is manifested & here the chances of its concentrating further

become less. And also in each plane ~~but~~ either scenes, or surroundings or persons are so manifested to the mind that it becomes attached there, does not want to concentrate more.

Only in a rare case (by the throughout help of a perfect realized saint Guru) is a mind made to cross all the stages of concentration i.e. its experiencing all the planes & finally made to stop and realize self. In realizing self, no planes, no experiences no manifestation but the one infinite vast i.e. self.

Now if a perfect realized saint

by his own steps a limited mind, the limited mind becomes unlimited & the same moment realizes self. (Nirvikalpa Samadhi)

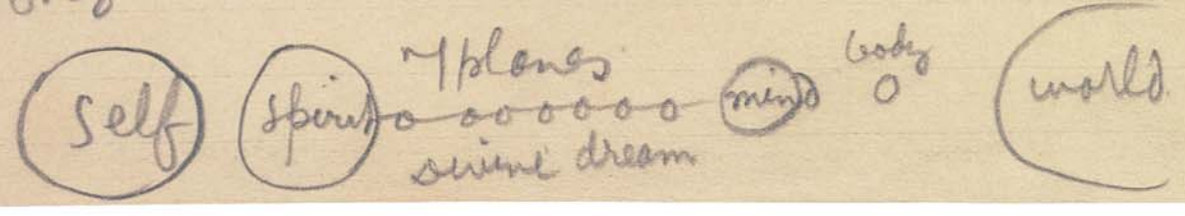
~~& when that mind~~ i.e. unconscious (for the limited mind) the limited mind is made to cross all the 7 planes & its manifestations (in a second) & made to stop & thus the limited mind is not aware of it. But when it returns to its limited state it passes through (experiences) these planes & their manifestations & knows it has realized.

~~As you know dreams prove to us~~

So in the case of a realised mind the following is the case:-

when it becomes spirit i.e. stops it ~~realises~~ sees the self & when it returns to its working limit it sees the body & the world when it likes or the planes & their manifestations when it likes. But when it stops it neither sees the body & the universe nor the planes & the universe!

And in ordinary case (not realised the mind) the mind sees the body & the universe only but can not see the 7 planes



35

દમ્યાર તમે લેખો Realization સેટલે શું.
દમ્યા તમે (mind) body ને સને
world ને ત્યુસો છો. દુ સેર ભાગતી
દાસતમ તમે સંખ્યા બંદ કરી મનને સ્વેક્ષ કરવાની
કોશેશ કરો સેટલે શરીર સને દુઃખ તરફની મનને
દૂરાથી સોકર Divine subject મનને ગુતાવે છે. તો
(3) થી (4) થી state ગયાયું. દુ state થયું કે
planes દેખાય છે. તમરૂ શરીર સને દુઃખ તો
છે સેટલે તમે ભાગો છો પણ મન શરીર સને દુઃખને
જોતુ નથી સેટલે sound sleep. તેથી. S.S થી
શરૂઘાત થયલી ગયાય. દુ ભેદ જેમ તમરા મનને
ઘેરે constrate કરશે તેમ તેમ બંધુ planes દેખાશે
(સો ભાગતી દાસતમ dream = તુર્યા) સને છે ત્યા
મન stop થયું કે ભાગતી દાસતમ નીંદ કારણ તમરૂ
શરીર સને દુઃખ તો છે પણ મન ત્યાં નથી
સેટલે mind's Const. = S.S.

mind's Advancement = Dream
" Stopping = Awakening
(This must happen in ordinary awake state)

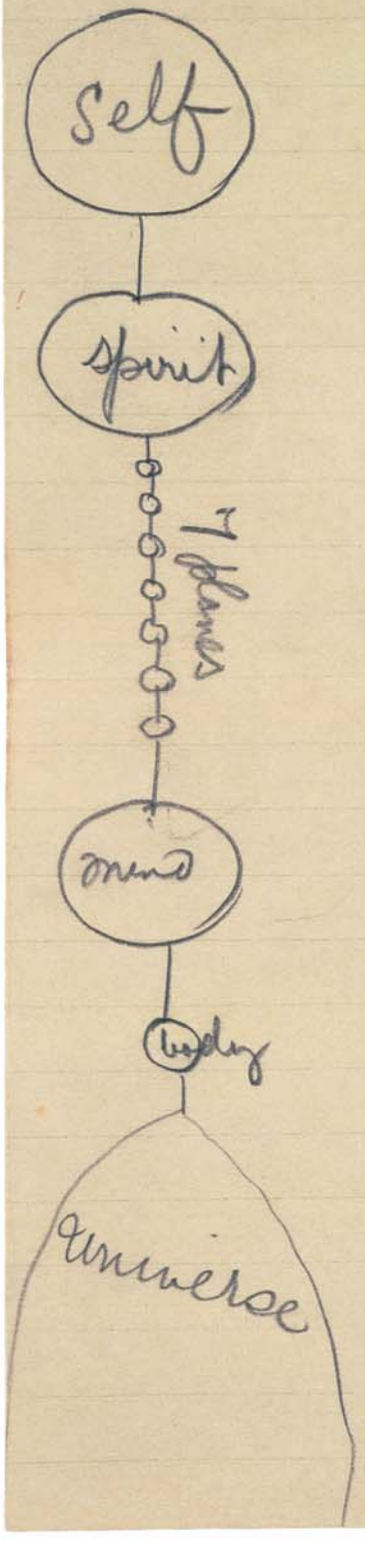
As you know dreams prove to us (when we awake) that we were asleep & the dreams in the awake state are remembered (i.e. seen) So the realized mind when ~~on~~ becoming limited mind remembers i.e. sees the planes & their manifestations; when we are awake whenever we wish to remember our dream we have think over it & the dream is there. So for a realized mind in its limited state it has to think of the planes & their they are exact & actual before its eyes.

The infinite mind's returning (from the unlimited to the limited) to its

finite state passes through this dream (the 7 planes & its manifestations) & this dream state is termed the Divine dream state or the [illegible]!

And now we will explain in short the sleep dream & awake state by which this will be clear!

Because the mind's ordinary working state, its passing through the planes (through concentration) & its extraordinary stopped state all correspond to the sleep, dream & awake state



Real (5) divine awakening i.e. Sound sleep in the awake state

Real (4) Divine dream, 7, 3, 2, 1, i.e. the 7 planes & their manifestations

(3) Ordinary Sound Sleep

False (2) ordinary dream

False (1) ordinary awake state

P.T.O.

when mind from the awakening state no 1, enters the sleep state no. 3 he has to pass through the dream state no. 2 which is in the middle state. In this dream state (the middle of 1 & 3) some of the 1 (awake) & some of the 3 (sleep) is experienced; and ~~if~~ when the pulling of the awake state is more (i.e. when the mind is in the awake state, without rest) is entangled much in worldly affairs) and of sleep (i.e. mind to stop rest & forget worldly affairs) less; it remains in dream more accordingly, & so the dream is remembered. but ~~if~~ when the pulling of the awake state is less & of sleep more. it remains less in the dream state accordingly & so one does not remember the dream, & ~~some~~ sometimes does not even know that it has been in the dream state { although before acquiring the Sound Sleep state it must pass through the dream state }

And if the pulling of the awake state (no. 1) is continual, it remains in the dream state only, and does not reach the state of sound sleep, but returns to the awake state without going to the Sound Sleep state at all.

{ Remark:- Yogis erring in the planes & not reaching the spirit to realize self (i.e. sound sleep }

On entering the sound sleep state and whilst remaining there it experiences nothing and whilst returning from the sound sleep state to the awakening state it has again to pass in the dream state; and returning whilst in the dream state, if the pulling of sound sleep is more. (And this ~~[illegible]~~ generally does happen it having just returned from sound sleep)

it remains in the dream state longer & so remembers it; and if the pulling of sound sleep is less (in [redacted]

This happens in the case of those who remain longer in the dream state & less in the sound sleep state whilst) and that of the awakening more it remains not long in the dream state, [redacted] This all about the ordinary mind

Now about the Saint's mind,

It passes upwards from the sound sleep state to the real awakening (and not downwards to the false awakening. This upward & downward etc is only illustration for the understanding. A has to pass a dream state. This dream state is

the middle point of two kinds of Sound Sleep i.e. nos. 3 & 5 (both being states of sound sleep); but no 3 means (?5) Sound Sleep in the awake state.

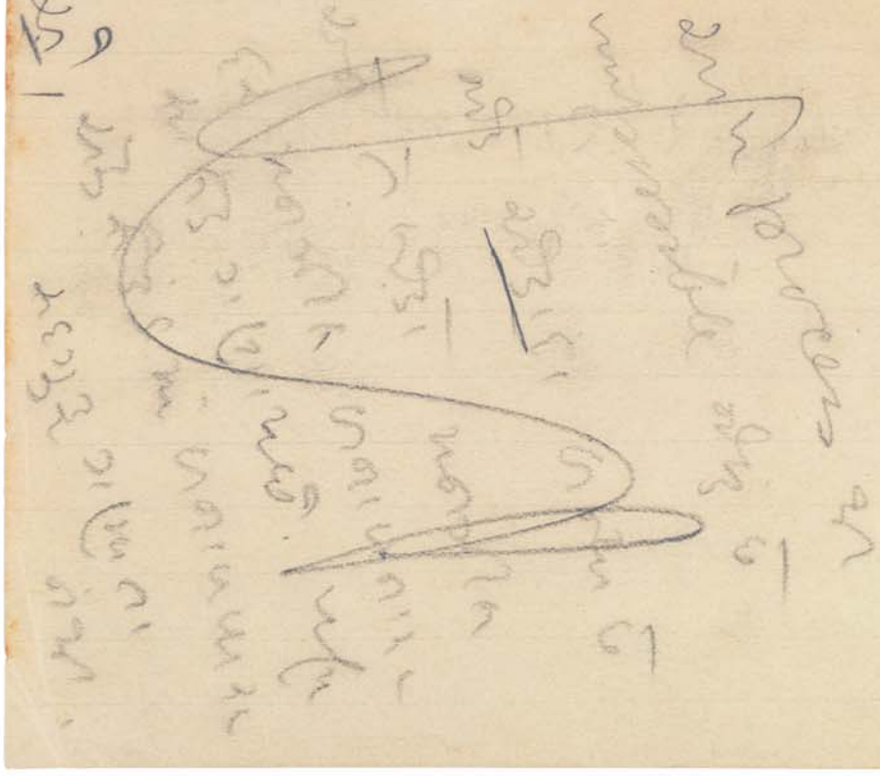
So this crossing point between the two i.e. no 4 is the state of experiencing divine dream & is called the Sz2u1 state.

Summary :- If the ordinary mind in the awake state, disattaches itself (i.e. turns back from i.e. forgets) from the body & the world (i.e. for that time gives up enjoying & experiencing the world through the body) and concentrates on the Divine it is said to have started from the ordinary sound sleep (no 3) to the Divine sound sleep (no 5). And from its going from 3 to 5 i.e.

(i.e. from its advancement in the Concentration) it has to pass through the divine dream state (i.e. 7 planes) till it reaches the awakening sound sleep (no 5), where no dreams. Only Sound Sleep = 7 3 2 1.

---

15 9



[illegible] તમે તેઓ Realization સોટલે શું?
[illegible] તમે સોટલે મન (mind), શરીર (body)
અને દુન્યા (world) ને જુઓ છો. [illegible]
[illegible] તમે [illegible] મનને
[illegible] કરવાની કોશીશ કરો સોટલે શરીર અને
દુન્યા તરફથી મનને [illegible] Divine
Subject માં મનને ગુતાવો. જ્યારે [illegible]
Divine Subject મનને ગુતાવો છો તો (No. 3 થી
5 ની Start ગણાયું. [illegible] Start થયું કે
Planes દેખાય છે. તમારૂ શરીર અને દુન્યા તો
છે સોટલે તમે જાગો છો પણ મન, શરીર તથા
દુન્યા ને જોતુ નથી સોટલે Sound Sleep તેથી
Sound Sleep થી શરૂઆત થઈ ગણાય.
[illegible] તમારા મનને ઘણાં concentrate
કરશો તેમ તેમ બધા Planes દેખાશે (એ
જાગતી [illegible] dream = તુપો) અને છેલ્લા
મન Stop થયું કે જાગૃતી [illegible] નીંદ્રા, કારણ
તમારૂ શરીર અને દુન્યા તો છે પણ મન ત્યાં નથી

સેટલે Mind's concentration = Sound sleep No 3
Mind's advancement = Dream No 4
Mind's stopping = Awakening No 5

(This must happen in ordinary awake state)

હવે મન આવે છે સેટલે સંસ્કાર (imagination = impression) જાને છે એ સંસ્કાર ભોગવવા માટે શરીર છે જાને શરીર માટે દુઃખ. સેટલે સંસ્કાર છે તો શરીર છે જાને દુઃખ છે. સંસ્કાર (imagination) (હું [illegible], મેલુ માટે છે, હું જાને માટે) જ્યારે હોય તો શરીર જાને દુઃખ ઉદ્ભવ નહી. સેટલે શરીર જાને દુઃખ ફક્ત imagination ના creation છે. Concentration ના મન સંસ્કારથી સેટલે શરીરથી સેટલે દુઃખથી અલગ સૂક્ષ્મની ખટપટ કરે છે જાને બાકી Concentration ની final stage આવે છે ત્યારે સંસ્કાર સેટલે શરીર, દુઃખ "નહી" થાય છે

છે (Vāṇīst) એને ઘણે જમાનો લાગેછે; પણ
સદ્ગુરૂ માત્ર એકજ નજરથી સંસ્કાર destroy
કરેછે. એને સંસ્કાર નહી એટલે મનનું stop
થયું. કારણ સંસ્કાર છે તો મન ચાલેછે
ને સંસ્કાર વધી તો મન stop છે. મનનું
stop થયું એને ચાલવું સંસ્કારના નહી હોવા
એને હોવા પર આધાર રાખેછે.

ખરો સંધકાર એટલે ઘોળેલું મન દરેકે પળે ખરા
પ્રકાશને જુએછે એને તે ખરા સંધકાર (સાસતીત્વ)
જ્યારે ચાલુ છે ત્યારે ખોટો સંધકાર (મન)
દરેક પળે ખોટા પ્રકાશને જુએછે. હાલ
તમારૂ સાસતીત્વ મનની હાલતમાં છે કરીને
શરીર એને દુનિયાને જુએછે. એજ તમારૂ મન
ઘોળ્યું કે સાસતીત્વ બન્યું કે તેજ સેકંડે
પ્રકાશને જુએછે, કારણ સાધનો ઓર કહી
ગયા કે સાસતીત્વ દરેક સેકંડે પ્રકાશને જુએછે.
ખાલી પ્રકાશ તો (પ્રકાશને) પોતાને કેમ સજુજાવે

એટલે અસત્તીત્વની (સંબંધકારની) હાલતમાં જ પ્રકાશનો અનુભવ થાય. મૂળ nothingness ની (ઉદ્ધારની) હાલતમાં અસત્તીત્વમાં conscious જ્ઞાન રહેતું.

પ્રકાશને બીજા મારે સંબંધકાર conscious થયું ખરું મૂળ conscious થતાજ (એટલે આસત્તાજ) તેને દુઃખ શરીર ઘડીએ અનુભવ અને તેજ બીજા લાગ્યું. એટલે મધી પ્રકાશ દેખાયેલજ્ઞાન conscious ઘણુંખરું મૂળ ખરા પ્રકાશને બીજા ને બદલે ~~[illegible]~~ બીજા પ્રકાશને બીજા લાગ્યો. હવે conscious તો રહેવું બીજાશે. (કારણ મૂળના unconscious હતું ત્યારે પ્રકાશ દેખાયો જ્ઞાન) મૂળ શરીર અને દુઃખ દેખાવું જ્ઞાન બોલશે. એટલે તેને conscious રહાને limited જ્ઞાન રહેવું બીજાશે મૂળ unlimited રહેવું બીજાશે તેથી તે ઉલટે છે. અને અસત્તે અસત્તે મેતાની limit સાત ગુણન પ્રકાર કરી unlimited બને છે. મૂળ હવે conscious

39

[illegible]

The infinite ego, which is side by side with infinite self - to see self must be concious. On becoming concious the infinite ego became the finite ego and so looked towards body & the universe

Now concious it (i.e. infinite egoism) must remain but not finite. So to break its finite limit (& to remain concious at the same time) it turned & bit by bit through the passing in the seven planes it became unlimited egoism as before, but concious, and so sees self.

In the beginning it was infinite egoism but unconcious so all this (1 & 5), was to be undergone to bring concious ness