

While our body sleeps,



our Spirit needs to be freed.

Rubens Santini - February/2024

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Index

Why do we need sleep?..... 3

Where will our Spirit go during physical sleep?..... 4

Influence of Spirits during the rest period..... 5

To get a good night's sleep..... 6

Types of Dreams - Jung's psychology view..... 8

Why don't we remember the activities of our Spirit during sleep?..... 9

Bibliography..... 10

About the Author..... 11

Why do we need sleep?

According to Science, sleeping well helps with our concentration, strengthens our immune system, prevents cardiovascular diseases, as well as improving our mood.

Furthermore, during sleep, information assimilated during the day is consolidated in our memory, strengthening our learning.

Lack of sleep, on the other hand, favors fatigue, diabetes, premature aging, decreased immunity, increased irritability and anxiety, in addition to causing a series of psychological disorders.

Allan Kardec informs us that *"sleep is the body's rest, but the Spirit does not need this rest. While the senses become numb, the soul is partially freed from matter, enjoying its spiritual faculties. Sleep was given to man for reparation of its organic forces and its moral forces. While the body recovers the energies spent in the waking state, the Spirit will recover among the other Spirits"*.

Ermance Dufaux in his book *"1/3 da Vida"*, psychographed by Wanderley Oliveira, warns us:

"What would become of man's health in the physical body without the vital energy absorbed during sleep? How would the mind find solutions to its challenges without the nocturnal meeting with its loving guardians? How to dissolve the shadow of obsession and torment without these brief periods of light on the spiritual planes? Nocturnal activity outside of matter represents a third of life in the physical body and is considered by us as the richest period of spirituality, opportunities and hope."

But, unfortunately, the vast majority of incarnates ignore the importance of a good night's sleep. This temporary disconnection of the Spirit from matter is important both for the physical body and for our Spirit. In this moment of sleep, our soul will seek its "oxygen", its well-being, as well as positive inspirations to continue its evolutionary journey.



Where will our Spirit go during physical sleep?

And from a spiritual point of view, what is sleep?

It is the partial emancipation of our Spirit. These are small "disincarnation" exercises that are done every night while our physical body is resting.

The Spirit moves away from the sleeping body towards activities for which it has an affinity. What the Spirit does depends on its level of evolution.

The vast majority of Spirits incarnated on the planet are still in the initial stages of spirituality. The Spirit still remains alongside your physical body, often remaining in your home environment. Sometimes, Spiritual Mentors approach and take them on small trips, as training for future learning.

If the Spirit has any commitment to the evolution of the planet, great discoveries in science occur in spirituality between incarnated and disincarnated Spirits.

Just as, great crimes are prepared in spirituality to be carried out on the earthly plane, if the Spirit is of low vibration.

During the unfolding of our Spirit, while our body sleeps, we can have contact with our Spiritual Mentors and see our family members who have already disincarnated, if they are fit for this meeting.

Ermance Dufaux, in his book "1/3 da Vida", psychographed by Wanderley Oliveira, guides us:

"Multitudes of spirits are leaving the body during the night in unproductive mental movement and repossessing toxic and disturbing memories(...) Most men ignore this event that governs the interaction between matter and spirit. When the incarnated prepare for sleep, the spiritual world prepares for its greatest peak of wakefulness in a 24-hour period. The greatest and most decisive action of spirituality occurs in the so-called golden hours, from 11 pm to 5 am."

But, are all Spirits able to leave their bodies at night?

Many Spirits are unable to emancipate themselves during this period and have a physical sleep that allows them to move away freely. There are several reasons: certain behaviors in the hours before bedtime, poor diet at night, addiction to smoking and alcohol, mentally accelerated brain due to everyday problems, use of sleeping pills.



Influence of Spirits during the rest period

If we want to live a long and healthy life, we need to sleep well. And sleep is necessary so that our Spirit can temporarily free itself from its body and seek oxygenation, so to speak.

Making an analogy, we can say that the Spirit is the prisoner who wants to be free from prison, in the case of the physical body, and goes to sunbathe in the penitentiary courtyard, talking to other prisoners. And then he returns to his cell, to his physical body.

We can also say that there is a small disembodiment every night, as the Spirit partially detaches from the body. If this process is healthy, preparing us every night before going to sleep, if we seek educational activities in spirituality during physical sleep, it is certain that in our final, total disincarnation, it will be done without difficulties and we will adapt easily on the spiritual plane. We do daily disembodiment exercises. If we want to evolve spiritually we need to make the most of these opportunities.

According to our tune, the vibratory frequency we are emitting will be where our Spirit will be.

Many of the terrible tragedies that occur on our earthly plane are inspired by dark Spirits. Cruel crimes, bank robberies, kidnappings are inspired by low spirituality. Wicked men leave the physical body, during their sleep, and seek guidance from these dark elements.

Those who have addictions to drugs, drinks and low sexuality will find themselves in spirituality in environments with this frequency.

Obsessions can begin during our sleep process if we do not prepare ourselves adequately for this period. The spirit will be attracted to regions and company that are harmonized and in tune, through our actions, thoughts, feelings and desires that we already practice during our daily lives.

Another example of low spiritual attunement. Those who live creating and spreading lies (fake-news) during the day are attracted to places in the astral with a similar density to the energy of hypocrisy. When leaving the your body, it will almost automatically go to organizations that deal with this type of content and the concealment of false information.

Therefore, how you behave and think in your daily life is where your Spirit will go during the rest period of the physical body.



To get a good night's sleep

Here on the earthly plane, when we go to meet our friends, or when we go to a family party, we prepare ourselves physically and psychologically, using more appropriate clothing, as these meetings please us. But, at the time of our physical rest, we do not make this preparation for our Spirit. He will be able to meet friends and family who have already preceded us on the spiritual plane.

We need to understand that the health of our thoughts and feelings are fundamental to our peace and happiness, and therefore, to our preparation for a good rest of our physical body. This period is very important for both the physical and spiritual aspects.

Therefore, let us pay attention to the following guidelines:

- During everyday life, have more selective and edifying conversations. Avoid speaking badly about other people's lives, or giving space to complaints and grievances.
- Select television programs, films, readings, music that have positive and happy messages that bring you some benefit.
- Do not eat heavy meals at night, nor drink coffee, mate or black tea, or alcoholic beverages.
- Avoid going to bed angry, irritated, harboring grievances with someone. We must mentally reconcile ourselves with that person, and in prayer, vibrate for their peace.
- Before going to sleep, do a little relaxation, review the actions carried out that day, ending with a prayer. It is a preparation of our Spirit for exchange with our Mentors on the Spiritual Plane. Our physical body will be resting, but our Spirit will be active.

Get into the habit of prayer. Well-felt prayer is in tune with Spiritual Benefactors. Prayer done with a certain constancy improves our Spirit in a short time. Prayer should not be seen as an obligation, but rather as something that will bring us benefits. It has a therapeutic effect, it is oxygen for our Spirit.



Evagrius Ponticus, a Christian monk who lived in the Egyptian desert in the 3rd century, gives us the following warning about taking care not to take anger to bed at bedtime, in his book "Praktikos":

"Do not let the sun set on your anger, lest the demons terrorize the soul during the night, cowering the mind for the next day's war. For fearful nocturnal hallucinations arise habitually from the disturbances of anger; There is nothing that makes a man so willing to give up the fight as an uncontrolled temper. (...) Therefore, it is salutary to pray to get rid of the disappointments and anger of the day before going to bed and to surrender the day to God, so that the negative emotions do not affect our sleep."

In prayer, we will ask our Mentors to help us so that sleep is a time of rest for the physical body, and that it is a time of good encounters and activities that are good for our Spirit.

Below, a small prayer taken from the Gospel According to Spiritism (chapter XXVIII - Collection of Spiritist Prayers - At the moment of sleep):

"My soul will meet for a moment with the other Spirits. May the Good ones come and help me with their advice. My Guardian Angel, ensure that, when I awaken, I retain a lasting and healthy impression of this conviviality."

Many people disincarnate badly because they have many bad nights' sleep.



Types of Dreams - Jung's psychology view

Spiritism is not intended to interpret dreams. There is a Science that is responsible for its interpretation, which is Psychology/Psychiatry.

Anselm Grün, in his book *"Interpretação Espiritual dos Sonhos"*, wrote that *"(...) dreams show us that we are still mired in feelings of hatred, rancor and bitterness, and lead to relentless self-knowledge; and they also show us the points that we still have to work on within ourselves. But they also give us information about progress on our spiritual path. They are an indicator of the purity of the heart, our inner freedom and our union with God."*

Carl G. Jung's Analytical Psychology divides dreams into two types: "little dreams" and "big dreams".

"Little dreams" are related to our everyday problems, our worries and addictions. These dreams are usually soon forgotten.

As for "big dreams", Jung used the terminology "numinous", a word that comes from the Latin "numem" which means divinity or acting spiritual force. These dreams transcend our everyday, individual experience and affect us deeply. We can say that these dreams are generally recognized by the fact that they are not made up of elements from our everyday lives. These are dreams that deeply impress us.

Nise da Silveira, Brazilian doctor/psychiatrist and follower of Jung, gave us a beautiful example of a "numinous dream" in her book *"Jung: Vida e Obra"*:

"Shortly before the Second World War, a 17-year-old German student, who had not adhered to National Socialism, was in prison, sentenced to death. A terrible fear invaded her. On the eve of being executed, she dreams: "she is walking towards death with a child in her arms. Near the execution wall is another young woman into whose arms she passes the child." Upon awakening, the fear had completely dissipated and the student died with honor."

The experience with the numinous, regardless of interpretations or meanings, brings some sense to the individual who dreamed it.

For Spiritism, these numinous dreams are experiences and memories that occurred with our Spirit, and can bring guidance from our Guides and Mentors.



Why don't we remember the activities of our Spirit during sleep?

Sleep is a necessity for the physical body, while our Spirit does not need this rest. He needs freedom to remake himself energetically.

During this period of physical sleep, the bonds that connect the body to the perispirit loosen. In this way the Spirit is free for its contacts in the spiritual world.

It is worth adding that this temporary disconnection is only possible through the perispirit, which is the fluidic body intermediate between the body and the Spirit, which are united by a kind of fluidic cord or silver cord.

In question 403 in *"The Spirits' Book"* - *"Why don't we always remember our dreams?"* - the Superior Spirits spoke to Kardec: "(...) as the matter that composes it is heavy and coarse, the body finds it difficult to preserve the impressions that the Spirit received, because they did not reach it through the bodily organs."

We do not remember the activities carried out by our Spirit because the events experienced were not registered in the physical brain. They were only registered in the perispirit's brain.

As there are differences between the spiritual brain and the physical brain, when our Spirit returns to the material body, only fragments of the memories of the spiritual experience are recorded. The memories that are remembered are events in accordance with the established spiritual tune.

In *"Missionários da Luz"*, written by André Luiz through Chico Xavier, our spiritual writer received the following guidance from Benefactor Sertório:

"When incarnated on the Crust, we are not very aware of the services performed during physical sleep; however, these works are inexpressible and immense. If all people seriously considered the value of spiritual preparation when faced with this kind of task, they would certainly make the most brilliant achievements in the psychic realms, even when bound to lower levels. Unfortunately, however, most people unconsciously take advantage of the night's rest to go hunting for frivolous or less worthy emotions. Their own defenses are relaxed, and certain impulses, which were long stifled during wakefulness, spill out in all directions, due to a lack of truly felt and lived spiritual education".

All incarnate people sleep and dream, but our Spirit appears more or less lucid, depending on their spiritual achievements.



"What exactly did the Spiritual Guide tell me in the dream?"

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São Paulo, February/2024.

About the Author



I have professional training in "Bachelor of Computer Science" at the Federal University of São Carlos (UFSCar), currently working in the area of Software Development.

My spiritist training began in 1990 at the "Grupo Espírita Casa do Caminho" - Vila Mariana - São Paulo - Brazil (www.casadocaminho.com.br), where I took several courses and the development of mediumship, later acting as a Passist and Indocinator in activities of Disobsession and explanations to the suffering Spirits.

As a writer, I started in 1994 with a Trilogy in Defense of Life, with reflections on Abortion, Suicide and drug consumption. These studies were initially published in "Revista Informação" (magazine of the Spiritist Group Casa do Caminho).

All published e-books referring to the subjects of disobsession and mediumship were only made after some time of practice and studies in these activities:

- Conduta Mediúnica - É Preciso Se Educar Para Poder Servir (1995)
- Enquanto vivem na escuridão - Orientações Práticas para atividades de Desobsessão (2001)
- Vós Sois Deuses - Uma Reflexão Sobre a Mediunidade (2013)
- Saindo da Escuridão - Orientações práticas para atividades de desobsessão (2018)
- Mediunidade: para a Paz, para a Vida (2023)

To my surprise, and with great joy, several reflections and studies were published on websites outside the spiritist area. They were published in some educational institutes and non-governmental organizations that dealt with diversity and social inclusion:

- Um Gesto de Gentileza, Por Favor (2011)
- Uma Ponte Para o Despertar - Uma Explicação Espiritual Para o Autismo (2014)
- A Diferença nos Enriquece, O Respeito nos Une (2015)

These days I share my e-books with various websites, study groups, associations and spiritist centers in 26 countries in Portuguese, Spanish and English.

The main study materials, published over these nearly 30 years, are available for viewing at www.calameo.com.

Much peace to all!

Rubens Santini de Oliveira