

AM I DREAMING NOW...?

There is an awesome parallel between the dream we find ourselves in while the body sleeps and the one we take part in when we awaken in the morning, and I totally agree with asking the question from time to time during the day “**Am I dreaming now?**”

If you do this periodically you may very well sense in a far deeper way that... **Yes! I am!** In the movie “*The Matrix*” the question is asked... “**If tonight when you fall asleep, you find yourself dreaming and you never woke up, how would you know that you were dreaming?**”

I love this question and the answer is to me a wonderfully shocking one as well, for the obvious answer is I wouldn't. **That is of course unless I happen to become lucid within the dream.** It is not an instant awakening for us only because the ego resists the idea. I believe we are becoming lucid and that at some point we will awaken fully. That final awakening will be instantaneous.

Perhaps when I come to the point where nothing that comes from without can disturb my serenity it is then I will have awakened. This would have to be true on some level.