

SLEEP

Dreams, Repose, Rest and Unconsciousness

1. ESSENCE

- 4327 Sleep, the brother of death.
Hesiod (B.C. 800?)
- 4328 Dreams are the wanderings of the spirit though all nine
heavens and all nine earths.
Lu Yen (fl. 800 A.D.)
- 4329 We are such stuff
As dreams are made of,
And our little life
Is rounded with a sleep.
Shakespeare (1564-1616)
- 4330 All that we see or seem
Is but a dream within a dream.
Edgar Allan Poe (1809-1849)
- 4331 Dreams are the touchstones of our characters.
Thoreau (1817-1862)

2. OPPOSITES

- 4332 Even as a great fish swims along the two banks of a river,
first along the eastern bank and then the western bank, in
the same way the Spirit of man moves along beside his two
dwellings: this waking world and the land of sleep and
dreams.
Upanishads (c. B.C. 800)
- 4333 The vigorous are no better than the lazy during one half of
life, for all men are alike when asleep.
Aristotle (B.C. 384-322)
- 4334 He sleeps well who knows not that he sleeps ill.
Publilius Syrus (fl. B.C. 42)
- 4335 Weariness can snore upon the flint,
when resty sloth finds the down pillow hard.
Shakespeare (1564-1616)
- 4336 Two gates the silent house of Sleep adorn;
Of polished ivory this, that of transparent horn:
True visions through transparent horn arise;
Through polished ivory pass deluding lies.
Dryden (1631-1700)

- 4337 The bed is a bundle of paradoxes:
we go to it with reluctance, yet we quit it with regret;
we make up our minds every night to leave it early,
but we make up our bodies every morning to keep it late.
Colton (1780-1832) 2 of 9
- 4338 Our life is two fold: Sleep hath its own world,
A boundary between the things misnamed
Death and existence: Sleep hath its own world,
And a wide realm of wild reality.
Byron (1788-1824)
- 4339 Sleep - Death without dying - living, but not life.
Edwin Arnold (1832-1904)
- 4340 I dreamed a thousand new paths...
I woke and walked my old one.
Chinese Proverb

3. INSIGHT

- 4341 In dreams the mind beholds its own immensity. What has been
seen is seen again, and what has been heard is heard again.
What has been felt in different places or faraway regions
returns to the mind again. Seen and unseen, heard and
unheard, felt and not felt, the mind sees all, since the
mind is all.
Upanishads (c. B.C. 800)
- 4342 A dream which is not interpreted
is like a letter which is not read.
The Talmud (B.C. 500?-400? A.D.)
- 4343 Sleep and deep repose, most like indeed to death's own
quietness.
Vergil (B.C. 70-19)
- 4344 Time, motion and wine cause sleep.
Ovid (B.C. 43-18 A.D.)
- 4345 The eye sees a thing more clearly in dreams
than the imagination when awake.
Leonardo Da Vinci (1452-1519)
- 4346 Dreams are the true Interpreters of our Inclinations;
but there is Art required to sort and understand them.
Montaigne (1533-1592)

- 4347 Creation sleeps. 'Tis as the general pulse
Of life stood still, and nature made a pause.
Young (1683-1765)
- 4348 On every mountain height
Is rest.
Goethe (1749-1832)
- 4349 Sleep, riches, and health, are only truly enjoyed after they
have been interrupted.
Richter (1763-1825)
- 4350 Dreaming is an act of pure imagination, attesting in all
men a creative power, which, if it were available in waking,
would make every man a genius.
Frederick Henry Hedge (1805-1890)
- 4351 Our dreams are as real, while they last, as the occurrences
of the daytime. We see, hear, feel, act, experience
pleasure and suffer pain, as vividly and actually in a
dream as when awake. The occurrences and transactions of a
year are crowded into the limits of a second: and the dream
remembered is as real as the past occurrences of life.
Albert Pike (1809-1891)
- 4352 Without a doubt, consciousness originally arises out of the
unconscious...It is essential that nothing be taken away
from the reality of the unconscious and that the figures of
the unconscious should be understood as active qualities.
C. G. Jung (1875-1961)
- 4353 The real man lies in the depths of the subconscious.
H. L. Mencken (1880-1956)
- 4354 Dreams - A microscope through which we look at the hidden
occurrences in our soul.
Erich Fromm (1900-1980)
- 4355 ...In dream consciousness...we make things happen by wishing
them, because we are not only the observer of what we
experience but also the creator. In our creativity we
prolong the magic action of the Creator of All in the
overflow of His imagination, which is all that reality is,
or ever will be.
Pir Vilayat Inayat Khan (born 1916)

4. POSITIVE

- 4356 The sleep of the body is the sober watchfulness of the mind and the shutting of my eyes reveals the true Light.
The Divine Pymander (BC 2500?-200 AD?)
- 4357 There is a Spirit who is awake in our sleep and creates the wonder of dreams. He is the Spirit of Light, who in truth is called the Immortal. All the worlds rest on that Spirit and beyond him no one can go.
Upanishads (c. B.C. 800)
- 4358 When the soul is in the land of dreams, then all the worlds belong to the soul. A man can be a great king or even a wise man and live in conditions high or low. Even as a great king takes his attendants as he goes about his dominions, so the soul of man takes the powers of life with him as he wanders in the land of dreams.
Upanishads (c. B.C. 800)
- 4359 The sleep of a labouring man is sweet.
Ecclesiastes (B.C. 300?)
- 4360 O, what is sweeter than when the mind, set free from care, lays its burden down; and when spent with distant travel, we come back to our home, and rest our limbs on the wished-for bed? This, this alone, repays such toils as these!
Catullus (B.C. 84?-54?)
- 4361 Sleep, rest of nature, O sleep, most gentle of the divinities, peace of the soul, thou at whose presence care disappears, who soothest hearts wearied with daily employments, and makest them strong again for labour!
Ovid (B.C. 43-18 A.D.)
- 4362 Blest be...sleep - a cloak to cover all human imaginings, food to satisfy hunger, water to quench thirst, fire to warm cold air, cold to temper heat, and, lastly, a coin to buy whatever we need.
Cervantes (1547-1616)
- 4363 Come, Sleep: O Sleep! the certain knot of peace,
The baiting place of wit, the balm of woe,
The poor man's wealth, the prisoner's release,
The indifferent judge between the high and low.
Philip Sidney (1554-1586)

- 4364 Sleep that knits up the ravelled sleeve of care,
The death of each day's life, sore labour's bath,
Balm of hurt minds, great nature's second course,
Chief nourisher in life's feast.
Shakespeare (1564-1616)
- 4365 Sleep is pain's easiest salve, and doth fulfill all offices
of death, except to kill.
John Donne (1572-1632)
- 4366 Sleep is that golden chain that ties health and our bodies
together.
Thomas Dekker (1577-1632)
- 4367 For morning dreams, as poets tell, are true.
Michael Bruce (1746-1767)
- 4368 The long sleep of death closes our scars,
and the short sleep of life our wounds.
Sleep is the half of time which heals us.
Richter (1763-1825)
- 4369 The half hour between waking and rising has all my life
proved propitious to any task which was exercising my
invention...It was always when I first opened my eyes that
the desired ideas thronged upon me.
Walter Scott (1771-1832)
- 4370 Sleep, to the homeless thou art home;
the friendless find in thee a friend.
Ebenezer Elliott (1781-1849)
- 4371 It is a delicious moment, certainly, that of being well
nestled in bed, and feeling that you shall drop gently to
sleep. The good is to come, not past...
Leigh Hunt (1784-1859)
- 4372 Dreams are excursions into the limbo of things,
a semi-deliverance from the human prison.
Henri Frederic Amiel (1821-1881)
- 4373 There is more refreshment and stimulation in a nap, even of
the briefest, than in all the alcohol ever distilled.
Edward Lucas (1868-1938)

5. NEGATIVE

- 4374 How long will you lie there, O sluggard?
When will you arise from your sleep?
A little sleep, a little slumber,

a little folding of the hands to rest,
and poverty will come upon you like a vagabond,
and want like an armed man.

Proverbs (B.C. 1000?-200?)

- 4375 Too much rest itself becomes a pain.
Homer (c. B.C. 700)
- 4376 Fool, what is sleep but the likeness of icy death?
The fates shall give us a long period of rest.
Ovid (B.C. 43-18 A.D.)
- 4377 Dreams are mere productions of the brain,
And fools consult interpreters in vain.
Swift (1667-1745)
- 4378 What probing deep
Has ever solved the mystery of sleep?
Thomas Bailey Aldrich (1836-1907)
- 4379 Obviously one must hold oneself responsible for the evil
impulses of one's dreams. In what other way can one deal
with them? Unless the content of the dream rightly
understood is inspired by alien spirits, it is part of my
own being.
Sigmund Freud (1856-1939)
- 4380 Sleep is perverse as human nature,
Sleep is perverse as a legislature,
Sleep is as forward as hives or goiters,
And where it is least desired, it loiters.
Ogden Nash (1902-1971)

6. ADVICE

- 4381 One should rest when it is time to rest and act when it is
time to act. True resting and putting to rest are attained
through the disappearance of the ego, which leads to the
harmony of one's behavior with the laws of the universe.
Resting in principle involves doing that which is right
in every position in which one is placed.
I Ching (B.C. 1150?)
- 4382 Take rest; a field that has rested gives a bountiful crop.
Ovid (B.C. 43-18 A.D.)
- 4383 A man who values a good night's rest will not lie down with
enmity in his heart, if he can help it.
Sterne (1713-1768)

- 4384 Sleep is the interest we have to pay on the capital which is called in at death; and the higher the rate of interest and the more regularly it is paid, the further the date of redemption is postponed.
Schopenhauer (1788-1860)
- 4385 We cannot always secure sleep. When important decisions have to be taken, the natural anxiety to come to a right decision will often keep us awake. Nothing, however, is more conducive to healthy sleep than plenty of open air.
Lubbock (1834-1913)
- 4386 It takes a person who is wide awake to make his dream come true.
Roger Babson (1875-1967)
- 4387 Try to enjoy the sleepless sleep wherein all the senses and mind remain in a state of quietude and the intellect ceases functioning. The sleepless sleep is a super-conscious state. It is perfect awareness wherein the individual soul has merged itself into the Supreme Soul. There is no waking from this sleep.
Sivananda (born 1887)

7. POTPOURRI

- 4388 When a man is asleep his soul takes the consciousness of the several senses and goes to rest with them on the Supreme Spirit who is in the human heart. When all the senses are quiet the man is said to be asleep. The soul holds the powers of life - breath, voice, eye, ear, and mind - and they rest in quietness.
Upanishads (c. B.C. 800)
- 4389 The eye of man hath not heard, the ear of man hath not seen,
man's hand is not able to taste, his tongue to conceive,
nor his heart to report, what my dream was.
Shakespeare (1564-1616)
- 4390 Sleep is a death, O make me try,
By sleeping, what it is to die:
And as gently lay my head
On my grave, as now my bed.
Thomas Browne (1605-1682)
- 4391 Dreams are but interludes, which fancy makes;
When monarch reason sleeps, this mimic wakes.
Dryden (1631-1700)

- 4392 To all, to each, a fair good-night,
And pleasing dreams, and slumbers light.
Walter Scott (1771-1832)
- 4393 Visit her, gentle Sleep! with wings of healing,
And may this storm be but a mountain-birth,
May all the stars hang bright above her dwelling,
Silent as though they watched the sleeping Earth!
Samuel Coleridge (1772-1834)
- 4394 O magic sleep! O comfortable bird,
That broodest o'er the troubled sea of the mind
Till it is hush'd and smooth! O unconfined
Restraint! imprisoned liberty! great key
To golden palaces.
Keats (1795-1821)
- 4395 Deep into that darkness peering, long I stood there
wondering, fearing,
Doubting, dreaming dreams no mortal ever dared
to dream before.
Edgar Allan Poe (1809-1849)
- 4396 So nature deals with us, and takes away
Our playthings one by one, and by the hand
Leads us to rest so gently, that we go,
Scarce knowing if we wish to go or stay,
Being too full of sleep to understand
How far the unknown transcends the what we know.
Longfellow (1807-1882)
- 4397 When to soft Sleep we give ourselves away,
And in a dream as in a fairy bark
Drift on and on through the enchanted dark
To purple daybreak - little thought we pay
To that sweet bitter world we know by day.
Thomas Bailey Aldrich (1836-1907)
- 4398 All gifts but one the jealous God may keep
From our soul's longing, one he cannot - sleep.
This, though he grudge all other grace to prayer,
This grace his closed hand cannot choose but spare.
Swinburne (1837-1909)
- 4399 We are the music makers,
We are the dreamers of dreams,
Wandering by lone sea-breakers,

And sitting by desolate streams-
World-losers and world-forsakers.
On whom the pale moon gleams.

Arthur O'Shaughnessy (1844-1881)

4400 The chambers in the house of dreams
Are fed with so divine an air,
That Time's hoary wings grow young therein,
And they who walk there are most fair.

Francis Thompson (1859-1907)

4401 A thousand creeds and battle cries,
A thousand warring social schemes,
A thousand new moralities
And twenty thousand, thousand dreams.

Alfred Noyes (1880-1958)

4402 If, my dear, you seek to slumber,
Count of stars an endless number;
If you still continue wakeful,
Count the drops that make a lakeful;
Then, if vigilance yet above you
Hover, count the times I love you;
And if slumber still repel you,
Count the times I do not tell you.

Franklin P. Adams (1881-1960)

4403 Sleep lay upon the wilderness, it lay across the faces of
nations, it lay like silence on the hearts of sleeping men;
and low upon lowlands and high upon hills, flowed gently
sleep, smooth-sliding sleep - sleep - sleep.

Thomas Wolfe (1900-1938)