

An Introduction to Dhyan Vimal's Samadhi Sleep



Humans are a fragile species; we are easily influenced by our environment and this not only affects our biology but also our brain. We can lose sight of ourselves, our natural state and all the possibilities that lie within us. Our relationship with our environment shapes our experiences and influences and we can become disconnected from our body and our energy field.

DV Samadhi Sleep is a unique synthesis of a meditation technique and the science of the zero point energy field which is known as a scalar field which was developed by our founder, Dhyan Vimal to address these conditions.

We use a breathing technique called Masters Breath which helps put your mind and body at ease. This technique is practiced as part of the DV Samadhi Sleep method. It is a way to allow your body to breathe and function for a deeper and more prolonged period of time.

With the support of the scalar field, it helps one reach a relaxed mental state much faster and therefore allowing one to be in a state of meditation. The scalar field is a conducive environment where this state may be entered easily.

The Science & Understanding

PRINCIPLE 1

Samadhi Sleep is a technique to raise yourself into a space where your body is able to care for itself. The process and the effort allows our natural biological systems to take care of itself. You are able to come a collected so all energy and functions can be dedicated to itself. This process is one of the stages of meditation to be attained.

PRINCIPLE 2

When sleeping, it is possible to be in a meditative state, where you are with yourself and not lost to the world. When in this state, your brain works in a way to make itself whole again. The samadhi sleep is a way to allow this to happen, to allow your body to come into its own, where a deep state of meditation can happen.

PRINCIPLE 3

The intricate systems of our body functions perfectly without interference. When we're awake we're subject to all sorts of visible and non-visible interferences. When asleep, our biology takes over and our natural system comes alive. One of the keys to awakening our biological intelligence is through sleep as it seems to be a space where we are not consciously involved.

PRINCIPLE 4

Our body and brain are designed to function in truth, in fact it demands the truth to be able to function optimally. In meditation, it is important to live in a way where we do not lie to ourselves, by doing so we bring peace of mind to ourselves and also allowing our body to face what needs to be faced to fight to put itself right. This process most often happens in sleep and good deep sleep where the mind does not interfere.

PRINCIPLE 5

The body needs a long period of recovery to integrate anything that you learn or realize. There is a natural rhythm of peaks and rest until you come to embody what you have learnt. Samadhi sleep is a technique that recalibrates the brain and the body to cope and quicken this process of adjustment and learning. The whole process supports the transformation of your biology without effort.