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Evaluation of Sleep from Psymtology's Viewpoint
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Abstract

From Psymtology's point of view, sleep is an opportunity for the physical perception threshold (the 5 senses) to be temporally turned off while the mental threshold (that records the events surrounding a person outside the physical senses) and Fara-zehni (ultra-mental) perception thresholds (the receptors of awareness or revelation) are turned on. Dreaming takes place through the mental perception threshold. However, when we are exposed to awareness or intuitive information previously unknown to us in our dreams; it happens through the Fara-zehni (ultra-mental) perception threshold. In other words, during sleep, as the receptors that perceive reality are turned off, the receptors which can perceive the truth (of existence) become activated and revelations are made. Sleep and wakefulness are complementary to each other; and being together as a whole, they complete a process. At the same time, in Psymtology sleep is considered programmable and sleep patterns can be corrected through software-based corrections in the vicinity of consciousness field.

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1. 1. Introduction

On average, humans spend a third of their lives sleeping. He imagines that he must sleep in order to relieve himself of tiredness of waking hours' work and activity, and to prepare for life again, so that to continue to survive, and to give his best and effective effort. It is probably not an exaggeration to assert that a vast majority of humans think of sleep in these terms, and it never occurs to them that other than relieving tiredness and revival of strength, sleep could have other purposeful benefits, as well. It is true that sleep takes up a third of life, but in qualitative terms, one minute of sleep can make possible an impossible survey of the material world.

In general, human has many perception thresholds that include:

1.1 Physical perception threshold: This threshold encompasses all five human senses of vision, hearing, smell, touch, and taste, and is responsible for all human physical affairs when awake. However, during sleep, these senses temporarily shut down. This threshold is limited and cannot receive perceptions from outside of these limits.

1.2. Mental perception threshold: This threshold accurately registers all events occurring around human, even if these events are outside the range of physical perception; for example, if a person's eye glances over a car's license plate for a few hundredths of a second, the person can never recall that number, but through hypnosis, it is found that the number can be recalled, and somewhere this number is registered, which means that some receptors must have received this information.

1.3. Ultra-mental (Fara-zehni) perception threshold

1.3.1. Inspiration/Awareness or mental spark

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“Human's mind has the capability of deduction and inductive reasoning, however, in many cases; he discovers subjects which he had never imagined, and that have not been resulted from means such as thinking. In fact in many cases, human himself does not know what information he should be looking for. On the other hand, the life span of human is not long enough to be able to answer his questions only by depending on logic and laboratory tests. Therefore, he has to go beyond, and penetrate into the existence's data through some other means. This barrier is breakable and throughout history, it has been broken in many occasions of scientific findings, inventions, creation of music and poem and so on.

In summary, mental spark happens by penetrating through a wall that resembles penetrating through a sound barrier. This type of accessing information, which is the basis and foundation of creativity, is idiomatically called “inspiration (awareness) or mental spark”. “Inspiration (awareness)” is a mental spark and is not gained through imagination or a thought process. Neither is it a result of one’s previous data. On the contrary, inspiration confronts a person with new data/knowledge. The common characteristic of all mental sparks that occur in a fraction of a second and that come in different types is that when encountered with, a person becomes aware of something new which he was not aware of before, and consequently is able to create something new.” (Taheri, 2012)

1.3.2. Different types of inspiration

“Sometimes the information received through inspiration is completely new, meaning they are a hundred percent innovation/creation. In most cases, the content of the inspiration is general and is unknown to the person before being received. Typically, these types of awareness that reveal the puzzles and mysteries of creation and existence are useful for all people. However, at times new information is added to the previous data and consequently the newly developed information which is based on the previous data leads to invention. For example, James Watt invented the steam engine; however this invention would not have happened if fire and metal had not been discovered.

There is also another type of awareness that the person already knows about it in advance and prior to receiving, in this case the inspiration serves as an *emphasis*. For example, a phrase or a sentence from the Holy Scriptures might be revealed by inspiration to a person to particularly draw his attention to a point or message that lies within. Although this message is illuminating for the general public, repeating it to a specific person is a type of reminder that might even bring the person to a deeper understanding of the words and phrases.

In some cases, inspiration is received Ultra-time, Ultra-space and Ultra-language. In this mode, awareness is not in the form of sound, image or words, and limitless truths are presented to an individual in less than a second, thus words or images play no role in the received awareness. In other cases awareness is in distinct words for instance in the form of a poem. In most cases a verbal awareness is clear and transparent; nevertheless at times it might not be very clear and may require demodulation, for instance in case of mystic poems there are exemplifications that need to be identified and clarified. Another type of awareness is visual in which a message is transferred through images. These images may occasionally also require demodulation. Generally, in all cases, it is necessary to review the received awareness in details. (Taheri, Human From Another Outlook, “Awareness of the Positive and Negative Networks”, 2010)” (Taheri, 2012)

1.3.3. Fara-zehni receptors

“Now that it is clear that mental spark happens by intuitive inspiration/awareness, the question is that ‘how does this intuition happen?’

As mentioned, according to *Psymatology*, man has three perception thresholds: physical, mental, and *Fara-zehni* (Ultra-mind). “**Physical perception**” is the understanding of reality with the help of physical senses that may be correct or incorrect; “**Mental perception**” is the result of processes such as visualization, imagination and contemplation on the reality or the truth [of existence] and it is very likely to be erroneous, while “**Fara-zehni perception**” is understanding the truths with the help of inspiration and illumination which is made possible through *Fara-zehni* (Ultra-mind) receptors [*Fara-zehni* receptors are not a part of the physical brain].

Man's mental perception threshold is much broader than the physical one. For instance, although the light that we see through the eyes' physical receptors appear constant and continuous to us; in fact, it is turning off and on fifty times per second, and only the mental receptors recognize these offs and ons and become tired of them.] On the other hand mental perception does not rely on the information that is received while awake/conscious, as the mind records all the environmental data, even while asleep or in a coma. Moreover, the mind is capable of creating a world called "**imagination**". Imagination can be aimless and futile (illusion/fantasy) or purposeful and organized (creativity for the purpose of good or evil). On the contrary, sometimes a person might notice images and sounds or feel things that are not as a result of his mind and are real (they have an external reality outside his mind); even though the people around might not notice them and consider it as an illusion. The commonly known "hallucinations" that patients with schizophrenia suffer from, are another example of such cases.

An example of mental perception is the low-decibel sounds that cannot be heard through the ears (a physical receptor); but they can induce *Fara-zehni* receptors. Moreover, *Fara-zehni* receptors are able to perceive colours that are not recognizable by the physical receptors. In summary, the term "inspiration/awareness" refers to the information related to the truth that is achieved through *Fara-zehni* receptors and is not made up by the mind or discovered by it." (Taheri, 2012)

2. Sleep and *Fara-zehni* receptors

As discussed, humans are equipped with receptors that receive inspirations and whatever that they have not thought about in a so called sudden **mental spark**. In Psymtology, these receptors are called ultra-mental receptors, and a threshold called ultra-mental threshold that can connect with the universe. This threshold is beyond time, place, and language.

From the perspective of Psymtology, sleep is an opportunity for temporary closing down of the physical perception threshold and activation of mental and ultra-mental perception thresholds. For example, dreaming occurs through mental perception threshold, and if in sleep human is confronted with inspirations and issues, about which he has not had any previous information, then, such cases belong to ultra-mental threshold.

The world is a learning place, and after going through stages in the hereafter, and reaching whatever God has bestowed onto human, he can benefit from the vast treasure of the divine knowledge and unite with the Creator. Using the divine knowledge treasure requires adequate literacy to unveil and make ultimate use of this knowledge. Merely being a good and harmless person does not suffice. Like a student that scores 20 for discipline, but cannot spell or do math. Such a student is not good for any teacher, even though he may be the best human on earth in terms of etiquette. A human that is merely well-behaved, but has no knowledge of the philosophy of creation or the reasons for it, does not meet the creator's goal, either.

Thus, it is necessary for human to realize his status in the cosmological ecosystem and discover the philosophy of his own creation, and understand the roles he must play (the great plan of creation), otherwise he will be considered a human with no identity. **Accordingly, sleep confronts human with an opportunity that with closing reality measuring receptors and physical perception threshold, the truth measuring receptors are activated to provide exposure to inspirations and understand the reasons for creation more than ever before.**

Waking is a factor in completing human activity and contributing toward survival and continuation of life, and without benefiting from it, this important issue is impaired. Furthermore, sleep has a role in revival of strength and relieving tiredness, and also, in activating receptors of mental and ultra-mental perception receives information and knowledge of creation. Hence, sleep and wakefulness are necessary for each other, and together they complete this process. When awake, human resembles a submarine that surfaces to receive supplies and necessary attentions, and afterward submerges again to follow her main mission. **In other words, the principle part of life is in sleep.**

In Psymtology's perspective, human sleep is programmable, and can be implemented in many stages and different levels:

- Changing sleep pattern and imposing a plan based on color, clarity and vividness of sleep
- Making sleep purposeful, meaningful and continual and excluding irrelevance and illogic
- Making sleep purposefulness in terms of following up inspirational information in relation to the reasons for creation

3. Psymtology and its practical application in correcting sleep patterns

“One of the important theories in Psymtology is the "repair ability and correction ability of different constituents of human existence". According to this theory, every constituent of human existence has repair-ability, and this important phenomenon is accomplished in Psymtology through certain general ways as categorized below:” (Taheri, Report on drug rehabilitation with Faradarmani, WCPCG 2012).

3.1. *Repair and correction of cells and organs*

3.2. *Repair of cell and organ fatigue*

3.3. *Repair of cell non-functionality*

3.4. *Non-cell organic repair*

3.5. *Software Correction*

In Psymtology one of the important factors which influence the correction and repair of different body parts including software-based part is the "**Consciousness Field**". The software-based programs of human existence have capability of being corrected/repared in the vicinity of a "consciousness field". This happens by reaching a level of consciousness which is in synchronization with the new "consciousness field". **An example is the application of consciousness field in correcting sleep patterns** (Taheri, ‘Theory of Consciousness Field and Consciousness Immunity in *Faradarmani*,’ PSYSOC 2012).

3.5.1. *The theory of “consciousness field”*

“Each particle in the world of existence is under the influence of several fields such as gravity field, electromagnetic field and so on. Here another field is introduced which is called "Consciousness Field" and at the moment its existence can only be known through experience. The consciousness field has at least 3 therapeutic functions that include:

3.5.1.a. *The behaviour of a particle in the vicinity of the consciousness field (Formability, Decomposability, Combinability & Repair)*

3.5.1.b. *Non-Cellular Organic Repair (Decomposition at Molecular Level)* (Taheri, ‘Theory of Consciousness Field and Consciousness Immunity in *Faradarmani*,’ PSYSOC 2012).

3.5.1.c. *Software correction in the vicinity of consciousness field*: It is not only the material particles that are influenced by a consciousness field; additionally the software-based programs of human’s existence also have the capability of being corrected and repared in the vicinity of a consciousness field. This happens by reaching a level of consciousness which is in synchronization with the new consciousness field. An example is the application of Psymtology in correcting sleep patterns and rehabilitating drug addictions. (Taheri, ‘Theory of Consciousness Field and Consciousness Immunity in *Faradarmani*,’ PSYSOC 2012).

4. Conclusion

According to a theory in Psymtology, amongst the software-based corrections in the vicinity of consciousness field is the sleep pattern correction. Accordingly; human sleep pattern is programmable through several stages and levels, and his ultra-mental receptors can be activated in order to receive inspiration during sleep.

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