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Tibetan Yogas Of Sleep

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what to do with them. It's for anyone interested in the thrill of waking up in their dreams, and having the time of their life in the privacy of their own mind.

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emotional blockages, and glean wisdom
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Combining modern lucid dreaming principles with the time-tested insights of Tibetan dream yoga makes this astonishing yet elusive experience both

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easier to access and profoundly life-changing. With Dream Yoga, Andrew Holecek presents a practical guide for meditators, lucid dreamers ready to go deeper, and complete beginners. Topics include: meditations and techniques for dream induction and lucidity, enhancing dream recall, dream interpretation, working with nightmares, and more.

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and amplify awareness while dreaming,
work with nightmares safely, resolve
emotional blockages, and glean wisdom
from your dreams

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Dream yoga shows you that your mind is
safe and basically good. You can then

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take this insight and bring it to daily life. Nightmarish life situations become softer and more workable when you realize that reification—mistaking things and thoughts to be so solid and real (the very definition of non-lucidity)—is fundamentally illusory.

What Is Dream Yoga and How Do

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guidance to overcome common
obstacles, enhance dream recall, focus

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and amplify awareness while dreaming,
work with nightmares safely, resolve
emotional blockages, and glean wisdom
from your dreams

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Alan Wallace, author of "Dreaming
Yourself Awake" Between these words

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one can sense a deep enthusiasm that comes from personal experience with the practice. This informative book will be very beneficial for dedicated dream yoga practitioners. --Tenzin Wangyal Rinpoche, author of "The Tibetan Yogas of Dream and Sleep".

Dream Yoga: Illuminating Your Life

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Dream Yoga are tantric processes and techniques within the trance Bardos of Dream and Sleep (Standard Tibetan: mi-lam bardo) Six Yogas of Naropa. In the tradition of the tantra, the Dream Yoga method is usually passed on by a qualified teacher to his/her students after necessary initiation.

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Dream yoga - Wikipedia

“When you’re working with your dreams, you’re really working with your mind,” says Andrew Holecek, a spiritual teacher, author of the book *Dream Yoga: Illuminating Your Life Through Lucid Dreaming and the Tibetan Yogas of Sleep*, and leader of Tricycle’s Dream

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Willing to Go to Wake Up ...**

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Yogas of Sleep by Andrew Holecek.
Dream Yoga and the Practice of Natural
Light by Chogyal Namkai Norbu.

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Dreaming Yourself Awake: Lucid
Dreaming and Tibetan Dream Yoga for
Insight and Transformation by B. Alan
Wallace.

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Known Secrets of Tibetan ...**

With explorations on modern scientific
principles, practices of Tibetan dream

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and sleep yoga, enhancing dream recall,
and focusing and amplifying awareness
while dreaming, Holecek also provides
essential Buddhist teachings and tools
for navigating realms of “nocturnal
meditation.”.

Getting started with "Dream Yoga" - Lion's Roar

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Dream Yoga brings the best from modern science and Tibetan wisdom to offer you this extraordinary opportunity. With expert guidance you'll learn everything you need to know to penetrate the mysteries of the night, including: Meditations for calming and clarifying your mind.

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Discover the Meaning of Your Dreams
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and Dream Psychology

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