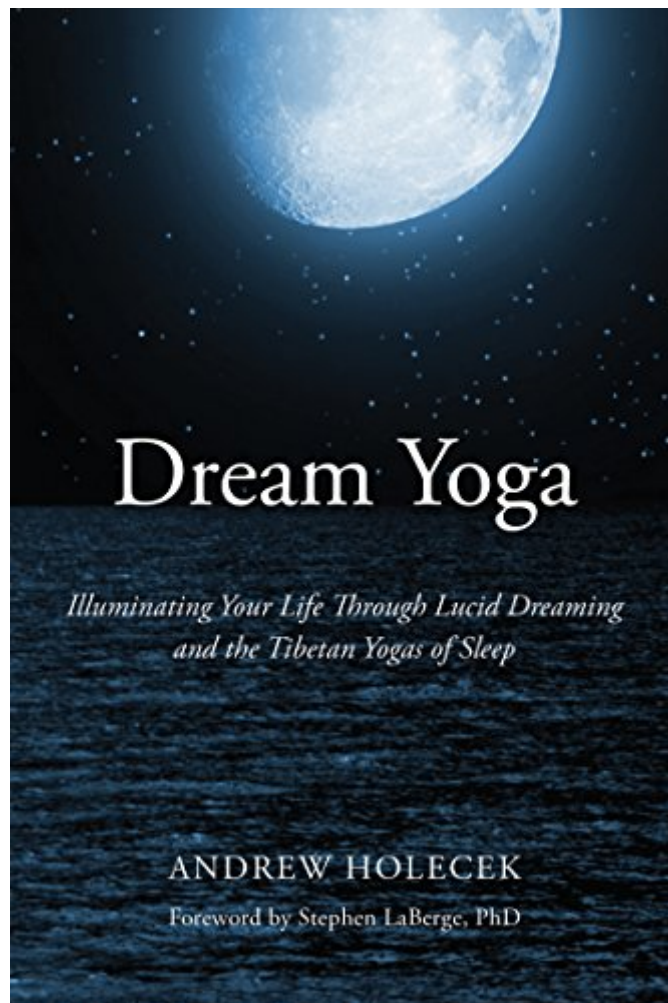




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Dream Yoga: Illuminating Your Life Through Lucid Dreaming And The Tibetan Yogas Of Sleep



Synopsis

Lucid dreamingâbecoming fully conscious in the dream stateâhas attracted legions of those seeking to explore their vast inner worlds. Yet our states of sleep offer much more than entertainment. Combining modern lucid dreaming principles with the time-tested insights of Tibetan dream yoga makes this astonishing yet elusive experience both easier to access and profoundly life-changing. Â 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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Customer Reviews

I've been reading many lucid dreaming books of late and realize this is something different. This is similar to the idea of sleeping qigong, which is a fast track to enlightenment because we are able to merge with the most illusive part of us that is all knowing and connected to everything, but that is cut

off from our waking mind. I've not successfully stayed in a lucid dream to employ the principals, but my mind and my gut tell me they are sound and fascinating. If you just want to play around and control your dreams I'd suggest Lucid Dreaming by Robert Waggoner, which is a wonderfully informative book for navigating the lucid dream world, but if you want to evolve towards enlightenment then this is your book.

The west is very fortunate to have Andrew. With degrees in music and biology, then onto dental school. he practiced dentistry for many years. then co-started what amounts to dentists without borders. his group travels to Nepal and India to provide free dental care to the needy. All along he immersed himself in Buddhist studies, a three(3) year retreat. Andrew combines his high powered intellect with deep understanding of Buddhism. This book on Dream Yoga is a must read. It has helped me further my understanding of not just Dream Yoga, but also of difficult to understand Buddhist concepts. Some of the material in the book is based on private teachings the author received from teachers in the India, Nepal and the US. I also learned a lot from his numerous most excellent YouTube videos. All the best in your Journey

This may be the best one available....

Amazing, life-changing book. I was/am still extremely surprised regarding the useful information I've found in this book. Truly a must-have on my bookshelf that I will re-read over and over. Would recommend reading along-side Lucid Dreaming: Plain and Simple by by Caroline McCready and Robert Waggoner.

This was an amazing book highly recommend if you are attempting to have lucid dreams with out success.

This is a life changer....Getting in touch with my awareness while sleeping --- no words....This is something to experience.

I really enjoyed this book. I went to see the author at the Denver Shambhala Center and he was great to hear speak!

Wonderful!

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