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thoughts to be so solid and real (the very definition of non-lucidity)—is fundamentally illusory.

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Alan Wallace, author of "Dreaming Yourself Awake" Between these words one can sense a deep enthusiasm that comes from personal experience with the practice. This informative book will be very beneficial for dedicated dream

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yoga practitioners. --Tenzin Wangyal  
Rinpoche, author of "The Tibetan Yogas  
of Dream and Sleep".

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Dream Yoga are tantric processes and  
techniques within the trance Bardos of  
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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.

## **Dream yoga - Wikipedia**

“When you’re working with your dreams, you’re really working with your mind,”

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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 Yoga online course.

**Dream Yoga - How Far Are You  
Willing to Go to Wake Up ...**

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Dream Yoga and the Practice of Natural  
Light by Chogyal Namkai Norbu.  
Dreaming Yourself Awake: Lucid  
Dreaming and Tibetan Dream Yoga for  
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With explorations on modern scientific principles, practices of Tibetan dream and sleep yoga, enhancing dream recall, and focusing and amplifying awareness while dreaming, Holecek also provides essential Buddhist teachings and tools



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for navigating realms of “nocturnal  
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## **Getting started with "Dream Yoga" - Lion's Roar**

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everything you need to know to  
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