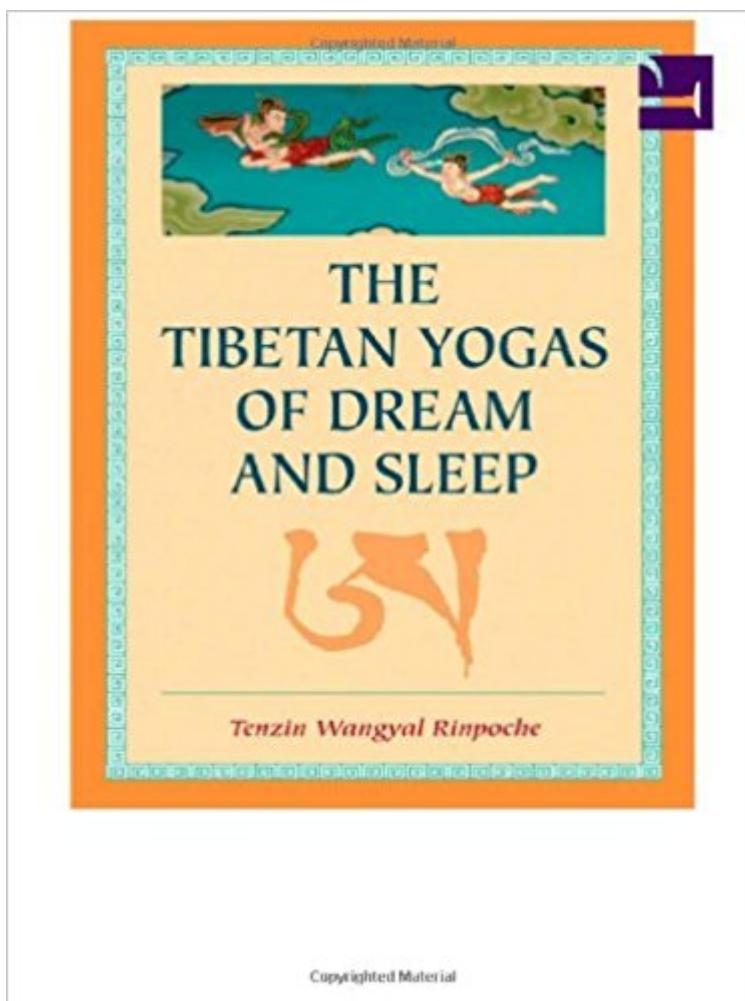


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# The Tibetan Yogas Of Dream And Sleep



## Synopsis

"If we cannot carry our practice into sleep," Tenzin Wangyal Rinpoche writes, "if we lose ourselves every night, what chance do we have to be aware when death comes? Look to your experience in dreams to know how you will fare in death. Look to your experience of sleep to discover whether or not you are truly awake."

## Book Information

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## Customer Reviews

"This book gives detailed instruction for dream yoga, including foundational practices done during the day. In the Tibetan tradition, the ability to dream lucidly is not an end in itself—rather it provides an additional context in which one can engage in advanced and effective practices to achieve liberation. Dream yoga is followed by sleep yoga, also known as the yoga of clear light. It is a more advanced practice similar to the most secret Tibetan practices. The goal is to remain awake during deep sleep when the gross conceptual mind and the operation of the senses cease. Most Westerners do not even consider this depth of awareness a possibility, yet it is well-known in Tibetan Buddhist and Bon spiritual traditions. The result of these practices is greater happiness and freedom in both our waking and dreaming states. The Tibetan Yogas of Dream and Sleep imparts powerful methods for progressing along the path to liberation. A detailed guide to using our night-lives for awakening: thought-provoking inspiring and lucid."—Stephen LaBerge, PhD, author of Lucid Dreaming "This explication of the dream and sleep practices becomes a window on the entire teachings of Tibetan Tantra and Dzogchen. I enjoyed this book immensely. . . . Powerfully and beautifully presented."—Martin Lowenthal, co-author of Opening the Heart of

Compassion "The most illuminating book on this topic to appear to date." •J. Marvin Spiegelman, PhD "This is an appealing book not only for Buddhist dream yoga practitioners but for anyone interested in the whole area of lucid dreaming or dream work. The Tibetan syllables and the places they are to be visualized within the body are clearly illustrated; the practical instructions are well-placed within a theoretical framework; and the entire work has the flavour of direct oral teaching from an expert." •The Tibet Journal "Extremely clear and detailed." •Shambhala Sun "Powerful methods for progressing along the path for liberation." •The Indian International Journal of Buddhist Studies

Tenzin Wangyal Rinpoche, a lama in the *Bön* tradition of Tibet, presently resides in Charlottesville, Virginia. He is the founder and director of Ligmincha Institute, an organization dedicated to the study and practice of the teachings of the *Bön* tradition. He was born in Amritsar, India, after his parents fled the Chinese invasion of Tibet and received training from both Buddhist and *Bön* teachers, attaining the degree of Geshe, the highest academic degree of traditional Tibetan culture. He has been in the United States since 1991 and has taught widely in Europe and America.

To help you reach your dreaming body, I want to recommend this book. What I like most about the book is that it focuses on being lucid (present) on our reality (collective dream) as an important way to get to our dreaming self, our lucid dream. It also stresses that although this life is a "dream" we still have to take responsibility for our actions, especially when they affect our fellow human beings; for, as you know, our egomania can turn this dream into a nightmare of overwhelming suffering. The dreaming attention is a gateway into Infinity, and the benefits of contacting your dreaming body are many. And I quote: ". . . consciousness is then not bound by space and time and personal history, and the dreamer can meet with real beings, receive teachings from real teachers, and find information helpful to others as well as to him or herself." "Using the dream to develop freedom from limitations, to overcome obstacles in your path, and finally to recognize your true nature and the true nature of all phenomena, is to use the dream wisely."

Here is someone who absolutely knows what he's talking about. Because it's so deep, I'm amazed and greatly encouraged that there are enough people who understand Tenzin to make the book sell. Four stars only because it's a little weak on anecdotes and on how to actually practice *ĀfĀcĀ* • but that is made up for with a clear view into how far you can go. (If you just want

to get into lucid dreaming and are not too concerned about realizing the Ultimate Reality, try Waggoners "Lucid Dreaming, Plain and Simple.")

This is a well written and practical book on practicing dream and sleep yogas. Having followed the practices described in this book for the past two weeks, it has helped immensely with dream lucidity. Aside from the dream lucidity practices, this book contains some very fascinating discussions about the nature of sleep and dream, and how mastering the control of those two processes trains the mind to embrace death and achieve enlightenment in the bardo. I have read or am familiar with most of the major global religious and philosophical texts; something about the teachings within Dzogchen and dream/sleep yogas feels very candid and legitimate, like there's a real glimmer of truth within.

In 'The Tibetan Yogas Of Dream And Sleep' the author - Tenzin Rinpoche, gives a masterful detail of the entire sleep process in a language understandable by both the layman and professionals. In the process of explaining the dream state, you are introduced to your self and you ended up knowing how much of an actor you really are. You of course, refers to the dual part of your being that is the invisible master of your existence, and as such, has a record of all your actions and reactions, and uses that record to guide you along life's journey, communicating with you - the physical being, at every step of the way, at nights when you sleep, telling you what is done, and what is to be done, or what should have been done. The only down side is that you, the physical being, may not yet know how to understand and interpret these nightly communications call Dreams, Rinpoche masterfully addressed this downside. I recommend the book to all those who sleep, because they dream even if they do not know it, even though one famous author wrote '... At nights the dreamless sleeps. . .'

This is an amazing book. The author goes deeply into Tibetan yoga of dreams. The writing is very well done; very clear and organized. The cool thing is that the aim is to recognize that you are dreaming in your waking state as well as when you are sleeping. And, all of this prepares you for the big sleep, when you pass from this world to beyond. I have read other books on Tibetan yoga and they were hard slogs. I really have to congratulate the author for his clarity and easy reading style coupled with real meat.

This is a powerful book, derived from the extremely meticulous, dense and detailed Tibetan

Buddhist traditions. It describes some potentially very valuable techniques and lays out the Tibetan beliefs about sleep, dreams and the intriguing possibility of meditating while you sleep, as well as the importance of dreams, and the Tibetan science of dreaming lucidly. It is also a difficult book to comprehend, and you may find yourself reading paragraphs many times, struggling to understand these esoteric teachings. They are not easy to understand, nor to apply. My conclusion after reading this, was that I would like to learn how to utilize this treasure house of Tibetan lore, but that in order to truly reach any real understanding, I would need a teacher of this obscure topic, not easy to find in this country. Not for those looking for a light, easy to read book, but filled with a wealth of detail that would benefit the serious student.

This book confirmed something I have thought for a long time. That the reality we experience in daily life is somewhat like that of our dream reality, just with more minds bending the will of experience. Would recommend to anyone who is interested in the nature of self. As with most Tibetan teachings, this one is full of ritual and elaborate ideas about this practice, so westerners may find that a bit unconvincing, but the book states within that the reader does not need to believe in deities and rituals of the east in order to gain benefit from the practice. Give it a read, I am glad to have found it

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