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Deepen Your Practice 36 Dream Yoga Dream Yoga

TIBETAN DREAM YOGA

THE LIFELONG PRACTICE OF TIBETAN DREAM YOGA

Like any spiritual practice, Tibetan dream yoga will reveal more substantial benefits the longer and more consistently you practice it. In the Buddhist tradition, however, discipline alone is not enough to bring your practice fully alive. Motivation – the reason you practice in the first place – is considered as crucial as technique and commitment.

You will have noticed that the Tibetan dream yoga sham includes an aspiration to help live all beings of their suffering. This intention lies at the heart of all Buddhist practice. The underlying teaching is that all living beings are interconnected: none of us can be completely free so long as any of us is still asleep.

As you practice Tibetan dream yoga, recognize that the suffering you seek to alleviate through spiritual practice is, in fact, universal. Recognize, too, that the more awake you are, the more helpful you can be to those you care about – in fact, to everyone you come into contact with. Practice with the intention of working with your own individual part of the whole, in order to bring all of human awareness to a new level. In this way, you will derive the greatest possible benefits from your dream yoga practice.

"A dream not interpreted is like a letter not read."



TIBETAN DREAM YOGA

ADDITIONAL RESOURCES

Ancient Tibetan Dream Yoga

Nobun, Nankhai Rinpoche. *Dream Yoga and the Practice of Natural Light*. Ithaca, NY: Snow Lion Publications, 1992.

Wangyal, Tenzin Rinpoche. *The Tibetan Yoga of Dream and Sleep*. Ithaca, NY: Snow Lion Publications, 1998.

Contemporary Dream Resources

Dalai Lama, H.H. *The World of Tibetan Buddhism: An Overview of Its Philosophy and Practice*. Tr. et al. and annotated by Geshe Thupten Jigme. Boston: Wisdom Publications, 1995.

Jung, Carl G. *Memories, Dreams, Reflections*. New York: Vintage Books, 1989.

LaBerge, Stephen. *Lucid Dreaming*. New York: Ballantine Books, 1986.

To learn about the DreamLight developed by Dr. LaBerge, visit the Lucidity Institute web site at <http://www.lucidity.com/dreamlight.html>.

—, and Howard Rheingold. *Exploring the World of Lucid Dreaming*. New York: Ballantine Books, 1998.