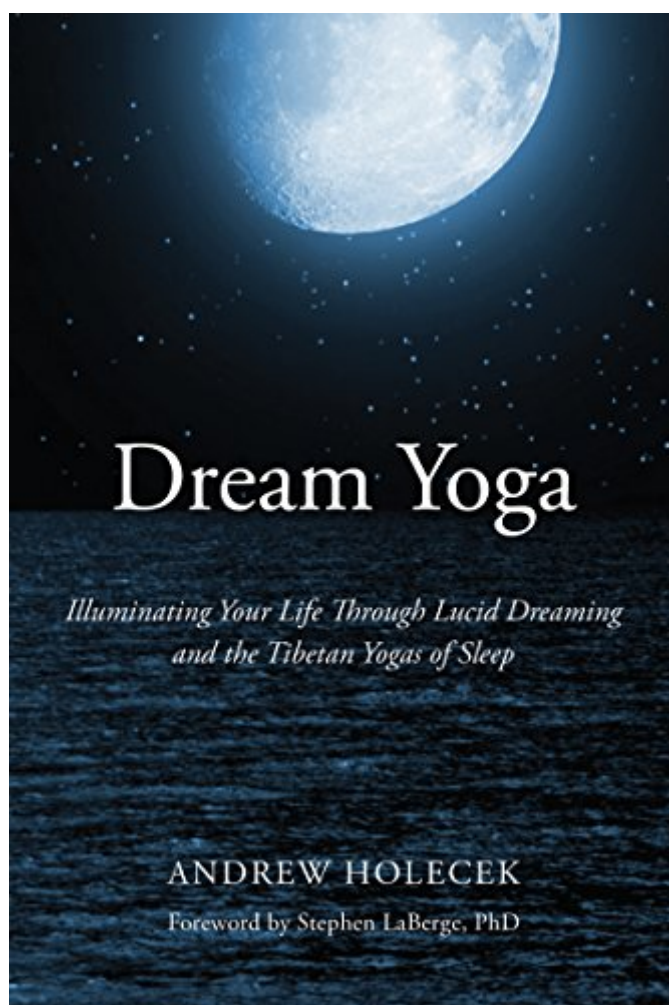


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# Dream Yoga: Illuminating Your Life Through Lucid Dreaming And The Tibetan Yogas Of Sleep



## 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. 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.

## Book Information

File Size: 3190 KB

Print Length: 352 pages

Publisher: Sounds True (July 1, 2016)

Publication Date: July 1, 2016

Sold by: Digital Services LLC

Language: English

ASIN: B01B6ES474

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #149,808 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #32

in Kindle Store > Kindle eBooks > Religion & Spirituality > New Age > Dreams #35 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Counseling & Psychology > Mental Health > Dreams #132 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Exercise & Fitness > Yoga

## 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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Dreams: Discover the Meaning of Your Dreams and How to Dream What You Want - Dream Interpretation, Lucid Dreaming, and Dream Psychology (+BONUS) (Dream Analysis, Dream Meanings, Lucid Dream) Lucid Dreaming Easy Beginners Guidebook to Understand, Practice, and Master Lucid Dreaming With Advanced Tips and Techniques (Lucid Dreaming, Dreams, Mental ... Astral Projections, Self Help) Dreams: Interpreting Your Dreams and How to Dream Your Desires- Lucid Dreaming, Visions and Dream Interpretation (Dreams, Lucid dreaming, Visions,) Sleep Apnea Book: Secrets of Sleep Apnea Treatment, Cure, Exercises, Machine and Pillow Advice (Sleep Apnea, Sleep Apnea Books, Sleep Apnea Cure, Sleep ... Sleep Apnea Machine, Sleep Secre) Dreaming Yourself Awake: Lucid Dreaming and Tibetan Dream Yoga for Insight and Transformation Sleep Apnea: The Ultimate Guide How To Manage And Treat Your Sleep Apnea (Sleep Apnea Machine, Sleep Apnea Guide, Sleep Apnea Cure, Sleep Apnea Treatment, Sleep Apnea Solution, Book 3) How to Master Lucid Dreaming: Your Practical Guide to Unleashing the Power of Lucid Dreaming The Tibetan Yogas Of Dream And Sleep Dream Journal Workbook: A Beginner's Guided Dream Diary for Lucid Dreaming and Dream Interpretation how to do and use the correct lucid dream: How To Easily Lucid Dream Tonight! (Best Guide Of 2017) Insomnia: 84 Sleep Hacks To Fall Asleep Fast, Sleep Better and Have Sweet Dreams Without Sleeping Pills (Sleep Disorders, Sleep Apnea Snoring, Sleep Deprivation, ... Fatigue, Chronic Fatigue Syndrome Book 1) Sleep Apnea: The Most Effective Sleep Apnea Cure: Discover a Sleep Apnea Treatment in 7 Days or Less! (Sleep apnea, anxiety management, insomnia, diabetes, snoring, sleep disorders, respironics) Yoga: 100 Key Yoga Poses and Postures Picture Book for Beginners and Advanced Yoga Practitioners: The Ultimate Guide For Total Mind and Body Fitness (Yoga ... Books) (Meditation and Yoga by Sam Siv 3) Translating Buddhism from Tibetan: An Introduction to the Tibetan Literary Language and the Translation of Buddhist Texts from Tibetan Lonely Planet Tibetan Phrasebook (Tibetan Phrasebook, 2nd ed) (English and Tibetan Edition) Sleep Sleep Sleep: Use the Power of Your Subconscious Mind to Sleep Smarter and End Insomnia in Just 21 Days Dreams: The All-In-One Guide for Dream Interpretation and Lucid Dreaming to Uncover the Power of Your Subconscious Mind Yoga: 21 Essential Yoga Poses to Strengthen Your Body and Calm Your Mind (FREE Meditation Bonus!): (Meditation, Yoga Poses, Relaxation, Stress Relief, Yoga for beginners) Nora Roberts Dream Trilogy CD Collection: Daring to Dream, Holding the Dream, Finding the Dream (Dream Series)

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