

The Tibetan Yogas Of Dream And Sleep Tenzin Wangyal

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Indeed, the practice of dream yoga is a powerful tool of awakening, used for hundreds of years by the great masters of the Tibetan traditions. Unlike in the Western psychological approach to dreams, the ultimate goal of Tibetan dream yoga is the recognition of the nature of mind or enlightenment itself.

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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 aware during deep sleep when the gross conceptual mind and the operation of the senses cease.

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The Tibetan Yogas of Dream and Sleep - Shambhala

Here Rinpoche speaks about his new book, The Tibetan Yogas of Dream and Sleep with his student, Cindy Loew, on June 24,1998. All the beings who achieved enlightenment and became Buddhas crossed the border and entered the clear light. We too, with great determination and joyful work, have the capacity to do the same.

The Tibetan Yogas of Dream and Sleep | Shambhala

Tibetan Dream Yoga is the original form of lucid dreaming documented for at least 1,000 years. Also known as Milam - the yoga of the dream state - it's a suite of advanced tantric techniques. Just like our Westernized understanding of lucid dreams, the initial aim is to awaken the consciousness in the dream state.

Dream Yoga: Lucid Dreaming in Tibetan Buddhism

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Dream Yoga are tantric processes and techniques within the trance Bardos of Dream and Sleep (Standard Tibetan: mi-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

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Tenzin Wangyal has an interest in the interpretation, control and application of dreams and has written fairly extensively on lucid dreaming and dream yoga as well as Dzogchen in Bon tradition. Bibliography. Tenzin Wangyal Rinpoche (1998). The Tibetan Yogas of Dream and Sleep. Snow Lion Publications. ISBN 1-55939-101-4.

Tenzin Wangyal Rinpoche - Wikipedia

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