



# THE TIBETAN YOGAS OF DREAM AND SLEEP



---

*Tenzin Wangyal Rinpoche*

Tenzin Wangyal Rinpoche and  
The Tibetan Yogas Of Dream And Sleep



[continue reading](#)

"If we can not carry our practice into sleep," Tenzin Wangyal Rinpoche writes, "if we reduce ourselves every evening, what chance carry out we have to be conscious when death comes?" Turn to your experience of rest to discover whether or not you are truly awake. Turn to your experience in dreams to know how you will fare in death.



[continue reading](#)

Just attempting these meditations will certainly bring about benefits beyond compare. Highly recommend this book to whoever has a knack for being relatively radical in how they approach life. In addition, it stresses that although this lifestyle is a "fantasy" we still need to take responsibility for our activities, especially when they impact our fellow human beings; for, as you know, our egomania can change this dream right into a nightmare of overwhelming suffering. As for the dream yoga, the teachings are easiest to follow and remember, it is one's practice that needs effort. This one requires effort and the capability to make changes! Definitely intend to read this again, recommend! . consciousness is then not bound by space and period and personal background, and the dreamer can talk with true beings, receive teachings from true teachers, and discover information helpful to others in addition to to him or herself." "Utilizing the dream to build up freedom from restrictions, to overcome obstacles in your path, and finally to recognize your true nature and the real nature of most phenomena, is by using the desire wisely. But so a lot of what was being said began to resonate with me that I found beautifully articulated, especially concerning karmic traces. I am a relatively experienced lucid dreamer. I like that this reserve emphasizes what I contact "continuous fantasy" mindfulness. It really is however extremely steeped in Dzogchen Buddhism (that I had never heard of, being a usual Judeo-Christian Westerner) , with that I have since become fascinated for this reason book's exposure. Loved it! VERY. I had to learn them slowly several times before to permit the intensity to sink in." Well worth reading, even for non-Buddhists. So far as the practicality in instruction to really lucid fantasy goes, you will not find that before third chapter. It's all predicated upon awareness, that is no surprise, because the core of Buddhist philosophy is devoted to increasing one's condition of mindfulness/awareness. The most important book for anybody on a spiritual journey The ultimate goal for anyone that meditates would be to provide their meditation to the dream state and ultimately the dream was state of sleep. La Berge's "Exploring the Globe of Lucid Dreaming" is a wonderful start. But that is a beautiful book all on its own, and one well worth reading. What an incredible book! I love this book. This publication teaches how to expert dreams by starting viewing this reality as a fantasy, since this world can be an illusion. It isn't only a worthy guide to useful Buddhist thought that may give anyone of any custom a way of cultivating awareness and phoning the present moment, but also something special of rich symbolism and visualization that serve as tools to participating in meditative practices that lead to lucid dreaming. This book also help get rid of some things on the belief of deity yoga, but taught me a bit more on karma that other Buddhism books left out. Anyone who is only interested in producing lucid dreams happen will most likely not enjoy or have the ability to make good use of this text. This is a text that will require practice in every hour of every day to become effective. I really like how although you can find elements that seem to be firmly held beliefs within this tradition, the author also is very clear that the concepts presented are simply ideas and not in fact the deepest reality of the experience. What I like most about the publication is that it concentrate on being lucid (present) on our reality (collective fantasy) as an important way to get to our dreaming self, our lucid fantasy. And I quote: ". Do it now! I'm amazed and greatly encouraged that there are enough people who ... Here is somebody who absolutely knows what he's talking about. Accomplish sleep yoga and you'll find the ultimate enlightenment in this life or at least by the finish of this life Great book! Four stars only because it's just a little fragile on anecdotes and on how best to actually practice — but that is made up for with a obvious view into what lengths it is possible to go. (If you just want to get into lucid dreaming and so are not too concerned about realizing the Ultimate Truth, try Waggoners "Lucid Dreaming, Plain and Simple.

Very interesting book on working with dreams to awaken and attain enlightenment. This book is excellent, and rich with great wisdom and knowledge. It simply doesn't educate you on about mastering dreams, but also mastering rest. It is both dream and sleep yoga in one book. Ultimately, this book calls the reader to change how the globe is processed, which results in lucid dreaming. Not really I can start to see the misunderstanding of just how many discover karma as something one bears, not as a force that's such as a boomerang. They mixed karmic trace for karma. That is why many need stop thinking, and meditate for understanding. The dreaming attention is a gateway into Infinity, and the benefits of contacting your dreaming body are many. All areas of our lives. For individuals who look for truth and accurate spiritual getting, these teachings may make much sense, very clear as crystal reflecting light. I go through and reread it as years move. While in sleep yoga, it teaches on how to master rest, and prepair one for enlighten when one moments come to depart from this realm in death. Sleep yoga exercises is given as opptional teaching, on can simply practice dream yoga. But it is best to learn both, so one can prepair to know what to do when loss of life comes, if one does not want to be earthbound or reborn else where, if not as human being in this realm. Fantastic This was an extremely informative and interesting book. I finished this reserve feeling like I must say i gained something. I say that because many fantasy books tend to err on the side of badly written, new-agey, pseudo-philosophy instead of actual research, history, or knowledge. It really is well-created and well researched, and extremely academically rigorous as a fantasy book. Highly recommended Wow just what a book! One of my favorite books and Buddhist texts. I've read another publication in dreaming from the Toltec lineage which resonated with me but the writer seemed to not necessarily be at a higher level spiritually, but this book beautifully intertwined the idea of spiritual practice with. For those who do not understand accurate spiritul getting and cosmic truth, such teachings may seem weird. Not only does he flawlessly explain the traps of the mind in our waking existence, but obviously demonstrates how dreams function and how we may use our dreams to awake as well. . Four Stars great read. If you are looking purely to understand how to lucid dream, you can find less "extreme" books out there that offer a distilled format of what Tenzin Wangyal Rinpoche teaches in this publication, minus the Buddhism. Well explained To help you reach your dreaming body, I want to recommend this reserve. Because it's so deep, I'm surprised and greatly encouraged there are enough individuals who understand Tenzin to make the book sell.") Awesome Book! great AAA+ Arrived on time, great AAA+ Enlightenment Well written informative reserve covering lucid dreaming and the real meaning karma. The 1st few chapters have become deep.



[continue reading](#)

download free The Tibetan Yogas Of Dream And Sleep txt

download The Tibetan Yogas Of Dream And Sleep epub

[download free Never Be Sick Again: Health Is a Choice, Learn How to Choose It epub](#)

[download free The Schwarzbein Principle II, The "Transition": A Regeneration Program to Prevent and Reverse Accelerated Aging mobi](#)

[download free The Seasoned Soul: Reflections on Growing Older divu](#)