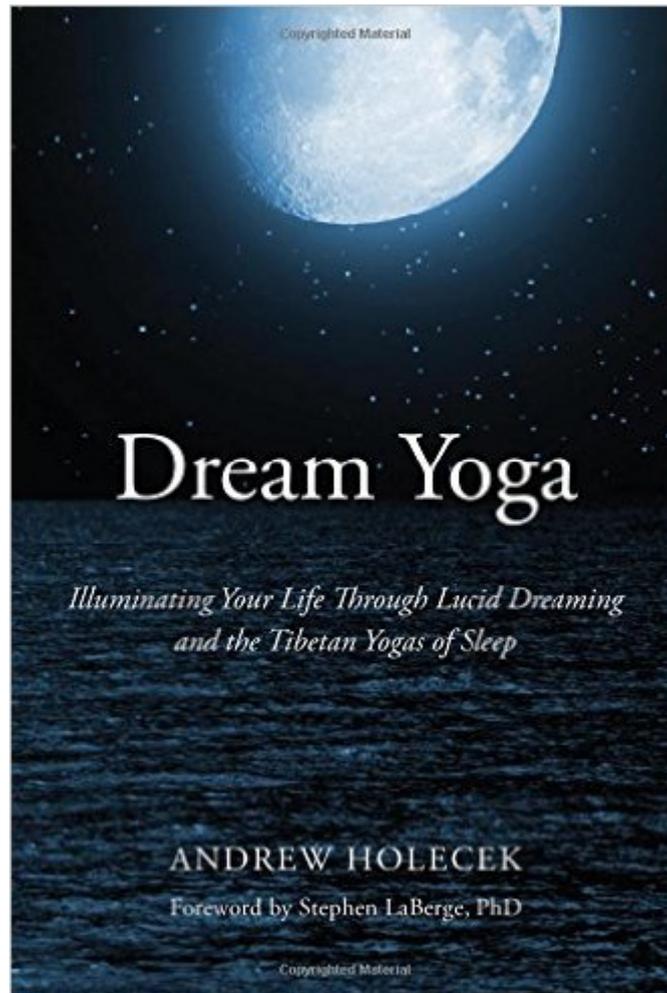


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# Dream Yoga: Illuminating Your Life Through Lucid Dreaming And The Tibetan Yogas Of Sleep



## Synopsis

Lucid dreaming—waking up and becoming fully conscious in your dreams—has intrigued legions of those seeking to explore their vast inner worlds. Yet for many, achieving lucidity for the first time can be elusive. And for those who have, there are few resources that show us how to use this extraordinary state for the greater goal of awakening to all of reality, day or night. With *Dream Yoga*, Andrew Holecek brings us a practical guide for meditators, seasoned dream travelers wanting to go deeper, and total beginners eager to experience lucidity for the first time. Here, you'll join this expert teacher of dream work and meditation to learn:

- How to awaken in your dreams naturally by using modern scientific principles with the insights and practices of Tibetan dream and sleep yoga
- Proven guidance to overcome common obstacles, enhance dream recall, focus and amplify awareness while dreaming, work with nightmares safely, resolve emotional blockages, and glean wisdom from your dreams
- A wealth of practices and tips that have helped thousands enjoy successful dream-time exploration
- Essential Buddhist teachings and tools for navigating the many realms of sleep (dreaming is just one of them)
- Direct insights into the continuation of consciousness beyond the physical body and death
- How to bring your skills together to engage with the hundreds of thousands of dream opportunities that most of us forget or dismiss

Have you ever wondered what happens when you sleep and dream? Desired to wake up in your dreams and have the time of your life? Or wanted to use your sleep hours to fully explore these dimensions, heal, and evolve? *Dream Yoga* answers these questions—not academically but directly—by showing you how to access this profound universe for yourself.

## Book Information

Paperback: 352 pages

Publisher: Sounds True; First Edition edition (July 1, 2016)

Language: English

ISBN-10: 1622034597

ISBN-13: 978-1622034598

Product Dimensions: 6 x 1.2 x 9 inches

Shipping Weight: 15.2 ounces (View shipping rates and policies)

Average Customer Review: 4.9 out of 5 stars See all reviews (10 customer reviews)

Best Sellers Rank: #11,896 in Books (See Top 100 in Books) #6 in Books > Health, Fitness & Dieting > Mental Health > Dreams #47 in Books > Health, Fitness & Dieting > Exercise & Fitness > Yoga #102 in Books > Health, Fitness & Dieting > Alternative Medicine > Meditation

## Customer Reviews

Fantastic book on this topic! I have studied dream yoga a bit, and have found this book to be the best in terms of accessibility, especially as it pertains to the western mind. Andrew's writing is as concise and thorough as it is warm and personable.

Without a doubt the best book on dream yoga or lucid dreaming I have ever encountered. Without a doubt! Andrew does an absolutely masterful job integrating the views AND practices of the East and West. This integration (and it is an actual INTEGRATION) creates a teaching truly greater than the sum of its parts. His presentation is extremely accessible to the lay and advanced practitioner alike, quite a feat when considering the complexity and scale of the corpus he is working with. Andrew shares how he knew he had "come home" when he was first exposed to the teachings of dream yoga. I believe this explains the feeling I have had while reading this book: as though I am being warmly invited into someone's home. I am deeply grateful to Andrew for this work. Such a service, such a treasure, such a gift.

Andrew Holecek has written an astounding book! Beautifully written, I found myself thoroughly engrossed in his presentation on lucid dreaming and dream yoga. The prose reads as poetic and concise. The author elucidates both subjects in ways that reveal their profundity and simplicity. Easily the best book I've come across on Lucid Dreaming in a longtime. I highly recommend it!

This book is so well conceived and researched that even the footnotes are informative and well worth reading. I found Mr. Holecek's audio recording of the same name just a wonderful, inspiring tome on the subject of lucid dreaming and dream yoga. In his own warm, encouraging voice he makes this rich practice accessible and clear. The book is a more detailed expansion on the material--clearly researched and thought out through a lifetime of practice. To me, both the CD's and now this book have one overarching message--dream practice can enrich your life however you practice it, and it's do-able in some manner, shape or form, to each of us. So just get started! I owe him a great deal for both the practice details and encouragement along the path.

When reading Andrews book I found it enlightening. He was easy to understand and I could relate to his experiences and his teachings. I highly recommend this book on Lucid dreaming to all who are searching for higher spiritual awakening.

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