



Dream Yoga: Illuminating Your Life Through Lucid Dreaming and the Tibetan Yogas of Sleep (Paperback)

By Andrew Holecek

SOUNDS TRUE INC, United States, 2016. Paperback. Book Condition: New. 235 x 159 mm. Language: English . Brand New Book. Lucid dreaming-becoming fully conscious in the dream state-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.



READ ONLINE
[7.29 MB]

Reviews

The ideal ebook i actually read through. It really is written in simple words and phrases and not confusing. Its been written in an remarkably simple way and it is just after i finished reading this ebook where in fact modified me, affect the way i think.

-- **Alice Cremin**

This is the very best publication i have got go through until now. I am quite late in start reading this one, but better then never. I discovered this pdf from my dad and i encouraged this book to understand.

-- **Casimer McGlynn**