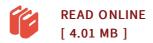




Dream Yoga: Illuminating Your Life Through Lucid Dreaming and the Tibetan Yogas of Sleep

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.



Reviews

This book may be really worth a read through, and far better than other. it was actually writtern extremely completely and valuable. I am just very easily will get a satisfaction of looking at a published ebook.

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It is easy in read through easier to fully grasp. it had been writtern very completely and useful. I am pleased to let you know that here is the greatest book we have read during my personal life and could be he very best book for possibly.

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