



The Tibetan Yogas Of Dream And Sleep

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Summary : Free the tibetan yogas of dream and sleep pdf download - in the tibetan tradition the ability to dream lucidly is not and end in itself rather it provides as additonal context in which one can engage in advanced and effective practices to achieve liberation 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 the result of these practicas is greater happiness and freedom in both our waking and dreaming states

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