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# Dreaming Yourself Awake Lucid Dreaming And Tibetan Dream Yoga For Insight And Transformation By Brian Hodel Editor B Alan Wallace Tom Pile Audible Studios

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99 alan wallace phd has been a scholar and practitioner of buddhism for more than forty years and has been leading workshops and retreats on dream yoga for more than twenty'

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June 6th, 2020 - the tibetan yogas of dream and sleep provides what we would consider the best practices of lucid dreaming and dream practice the author doesn't focus on the psychology of dreams though he does provide some insights into what dreams can reveal about issues you're working on"dream yoga lucid dreaming in tibetan buddhism

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May 21st, 2020 - a fiercely clear exploration of dream yoga and lucid dreaming this rare and brilliant book is fundamentally a guide to awakening roshi joan halifax abbot upaya zen center author of being with dying a brilliant scholar monk and lucid dreamer presents a provocative modern buddhist view of reality if you think the world is merely matter you re dreaming'

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