



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

*Andrew Holecek*

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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.

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