



## 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**

[ 7.12 MB ]

### Reviews

*This composed book is excellent. This really is for all who statte that there had not been a worth reading through. Your life period will probably be change as soon as you total looking over this ebook.*

-- **Cheyenne Barrows**

*The book is fantastic and great. I have go through and i also am certain that i will planning to read through once more once more down the road. Its been printed in an exceedingly simple way and is particularly simply after i finished reading through this publication through which really changed me, change the way i think.*

-- **Hank Powlowski**