



Dream Yoga: The Tibetan Path of Awakening Through Lucid Dreaming

Andrew Holecek

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Sleep and dreaming provide a powerful opportunity for spiritual awakening. Each night, teaches Andrew Holecek, we touch the possibility of enlightenment yet seldom realize it. By learning how to wake up in our dreams, we can transform our sleeping hours into a portal to the deepest experience of all reality, day or night. *Dream Yoga* brings together the best methods from Western sleep research and Tibetan sleep yoga to show us how. With this skilled meditation teacher, listeners will learn how to induce the lucid dream state naturally, use many meditation practices from beginning to advanced, connect with the subconscious mind, and much more.

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