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dream yoga illuminating your life through lucid dreaming and the tibetan yogas of sleep study and practice dream yoga this incident was the beginning of my interest in dreams it strongly impressed on me how greatly dream is valued in tibetan culture and in the bon religion and how information from the unconscious is often of greater value than the information the conscious mind can provide

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will explore the differences and complementarity of dream yoga and sleep yoga and look at the possibilities we can achieve through sleep journearth the magazine of satsang darshan advaita vedanta dzogchen yoga zen the yoga of light oneness enlightenment and liberation set it free let the light shine those words may not seem so very much to some people but they produced a most profound and

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