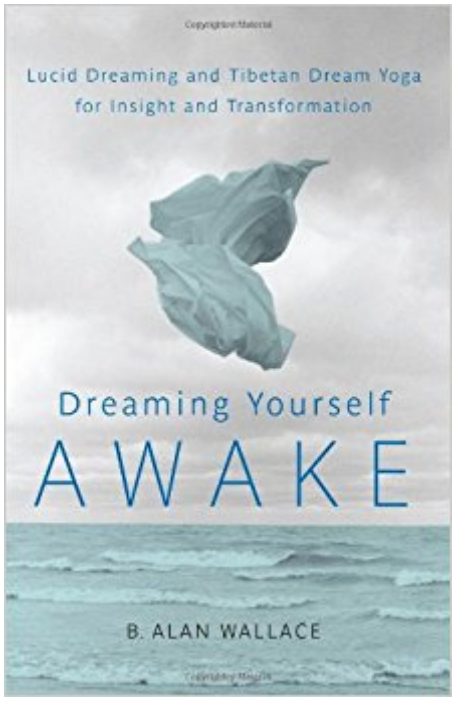
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Dreaming Yourself Awake: Lucid Dreaming And Tibetan Dream Yoga For Insight And Transformation



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Synopsis

Some of the greatest of lifeÃ¢â ¬â„¢s adventures can happen while youÃ¢â ¬â„¢re sound asleep. ThatÃ¢â ¬â„¢s the promise of lucid dreaming, which is the ability to alter your own dream reality any way you like simply by being aware of the fact that youÃ¢â ¬â„¢re dreaming while youÃ¢â ¬â„¢re in the midst of a dream. There is a range of techniques anyone can learn to become a lucid dreamerÃ¢â ¬â •and this book provides all the instruction you need to get started. But B. Alan Wallace also shows how to take the experience of lucid dreaming beyond entertainment to use it to heighten creativity, to solve problems, and to increase self-knowledge. He then goes a step further: moving on to the methods of Tibetan Buddhist dream yoga for using your lucid dreams to attain the profoundest kind of insight.

Book Information

Paperback: 192 pages

Publisher: Shambhala; 1 edition (May 29, 2012)

Language: English

ISBN-10: 159030957X

ISBN-13: 978-1590309575

Product Dimensions: 5.5 x 0.5 x 8.5 inches

Shipping Weight: 8 ounces (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars 34 customer reviews

Best Sellers Rank: #203,085 in Books (See Top 100 in Books) #130 inÃ Â Books > Health, Fitness & Dieting > Mental Health > Dreams #556 inÃ Â Books > Health, Fitness & Dieting > Exercise & Fitness > Yoga #6302 inÃ Â Books > Religion & Spirituality > New Age & Spirituality

Customer Reviews

Ã¢â ¬Å“A fiercely clear exploration of dream yoga and lucid dreaming, this rare and brilliant book is fundamentally a guide to awakening.Ã¢â ¬Â•Ã¢â ¬â •Roshi Joan Halifax, Abbot, Upaya Zen Center, author of Being with Dying Ã¢â ¬Å“A brilliant scholar, monk, and lucid dreamer presents a provocative modern Buddhist view of reality: if you think the world is merely matter, youÃ¢â ¬â„¢re dreaming. Wake up and read this book.Ã¢â ¬Â•Ã¢â ¬â •Stephen LaBerge, author of Exploring the World of Lucid Dreaming Ã¢â ¬Å“For those unfamiliar with lucid dreaming or Buddhist meditation practices, this book offers a plain, accessible look at the ways we can access the hidden adventures within our dreams and stretch our imaginations into the realm of enlightenment.Ã¢â ¬Â•Ã¢â ¬â •San Francisco Book Review

Brian Hodel is a freelance journalist and book editor.

Every book by B Alan Wallace is full of wisdom and scholarship and this one is no exception. This book on lucid dreaming is wonderful, and it’s hard to find someone with Wallace’s scholarship (in Buddhism

Very helpful book on how to work with dreams...Focus on Lucid Dreaming Practices and Tibetan Dream Yoga.

This is a challenging review to write. "Dreaming Yourself Awake" is a well-written book containing valuable information (thus my four star rating). However, in only 150 pages it cannot do justice to the broad swath of topics it addresses. The writing, scholarship, and erudition are equal to the high standards found in Dr. Wallace’s other wonderful books. Many people will find it a good introduction to this interdisciplinary subject and for this purpose I would recommend it highly. However for those serious about this area, allow me to recommend the following four volume course of study: LaBerge’s "Exploring the World of Lucid Dreaming" (for practical, "how-to" lucid dreaming information), Waggoner’s "Lucid Dreaming - Gateway to the Inner Self" (for the "big picture" of lucid dreaming, including spirituality), Tenzin Wangyal Rinpoche’s "The Tibetan Yogas of Dream and Sleep" (for Buddhist dream yoga), and Dr. Wallace’s own "The Attention Revolution" (for Shamatha meditation).

Must read for the lucid dreaming afficionado

Most well-balanced book between technique and spirituality I’ve read so far. Alan writes in a easy to grasp way, but doesn’t stay on the surface of the matter, it is certainly a pearl for the interested in this subject.

I liked the step by step instructions. It’s not required to have a "spiritual" interest to make use of the book or enjoy it, using the mind as a playground is also enough. Some useful ideas scattered around too.

Written in Buddhist point of view, this book offers insight into lucid dreaming and into the quality of

consciousness itself. This book can serve as a practical guide to start lucid dreaming, but also give much deeper understanding of the interaction of our consciousness and the physical world. I need to re-read it. Fantastic.

Mr. Wallace has written a very readable and doable book on Lucid Dreaming and Dream Yoga. Excellent. I would recommend it.

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