



Tibetan Dream Yoga: A Complete System for Becoming Conscious in Your Dreams

Lama Surya Das

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In the secret teachings of ancient Tibet, the dream state is known as "Fourth Time," a malleable realm where the past, present, and future meet. It was here that the first meditation masters of Tibet developed a way to speed their progress through the stages of enlightenment - while they were asleep. On Tibetan Dream Yoga, respected meditation teacher Lama Surya Das teaches these exercises to awaken fully within the fabric of our dreams - plus specific yogic dreaming techniques to enhance creativity, overcome deep-rooted fears, and free ourselves from harmful habits in our waking lives. Enhanced features include video exercises from Lama Surya Das' Tibetan Energy Yoga and Natural Meditation, the flute music of Tibetan musician Nawang Khechog, and an interview with the author.

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