

FREEDREAM YOGA AND THE PRACTICE OF NATURAL LIGHT EBOOK



Namkhai Norbu, Michael Katz | 168 pages | 05 Aug 2002 | Shambhala Publications Inc | 9781559391610 | English | Ithaca, United States

Dream Yoga and the Practice of Natural Light

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This *Dream Yoga and the Practice of Natural Light* expands and deepens the first edition's emphasis on specific exercises to develop awareness within the dream and sleep states. Rinpoche gives instructions for developing clarity within the sleep and dream states. He goes beyond the practices of lucid dreaming that have been popularized in the West, by presenting methods for guiding dream states that are part of a broader system for enhancing self-awareness called Dzogchen. In this tradition, the development of lucidity in the dream state is understood in the context of generating greater awareness for the ultimate purpose of attaining liberation.

Also included in this book is a text written by Mipham, the nineteenth-century master of Dzogchen, which offers additional insights into this extraordinary form of meditation and awareness.

Chogyal Namkhai Norbu Rinpoche is one of the greatest Tibetan meditation masters and scholars teaching in the West today. His luminous *Dream Yoga* teachings are invaluable. I myself read this book with great *Dream Yoga and the Practice of Natural Light*, and recommend it to my own students.

Chogyal Namkhai Norbu is a Tibetan master of the Dzogchen tradition. When we start to dream, as previously mentioned, we may have one of two general types of dreams. One type is karmic dreams and the other is dreams of clarity. In addition to those dreams reflecting karma from our current life, karmic dreams can also be linked to our past lives. The other type of dreams are dreams of clarity. Why do we have dreams of clarity? Because everybody, since the beginning, has infinite potentiality; that is a quality of the natural mind that we all possess.

Sometimes, even if we are not doing a particular practice, a dream of clarity will manifest because we have that nature. If you are doing the practice of the night and becoming more familiar with it, then not only occasionally, but on a regular basis, you will become familiar with manifestations of dreams of clarity.

You may now understand what the theory is and its importance. Now I will explain how you practice it. If you are an agitated person, then before you go to sleep, you can do a little deep breathing to regulate the flow of air and calm yourself.

Then concentrate on a white Tibetan syllable at the center of your body. If you prefer *Dream Yoga and the Practice of Natural Light* English A, it is acceptable. The important thing is that it corresponds in your mind to the sound *ahh*. It is important that when you see that letter, you automatically know what its sound is. If you do not succeed in concentrating and seeing this US at first, it may be that you do not know how to visualize.

Try writing an US on a piece *Dream Yoga and the Practice of Natural Light* paper, put it in front of you and stare at it for a while. In this way you will get a more precise image. Or *Dream Yoga and the Practice of Natural Light* fix on the presence of this white US, and you stay with it as long as you can. You can also do a kind of training to have greater precision in feeling this presence: imagine that from the central US, which is viewed at heart level within your body, a second arises, and from the second, a third arises, until you can see a chain of USs going up to the crown of the head.

Then you visualize these USs coming back down. *Dream Yoga and the Practice of Natural Light* can repeat this a number of times if you do not fall asleep immediately. Whenever you have difficulty in feeling the presence of the it is very useful and important to do this chain. This is a way of charging your clarity. Initially, it should be accurate and sharp; afterwards, you relax. You retain a sense of its presence, and you relax, and thus you fall asleep.

You should try to do the practice of natural light each night, just as you should try to be in the state of contemplation continually. For every moment and every activity there are ways to do Dzogchen practice. If, however, Dzogchen practice of the night is difficult for you, and you have had more experience doing Tantric style dream practice, and you have had an initiation on a particular deity, then perhaps it would be useful for you to continue with your Tantric practice.

For example, if you do the practice of Vajrayogini, then upon sleeping, you should try to visualize a very tiny Vajrayogini at the center of your body. We call this tiny being Jnanasattva, which means wisdom manifestation.

If you are doing the practice of the night and I becoming more familiar with it, then not only occasionally, but on a regular basis, you will become familiar with manifestations of dreams of clarity. You *Dream Yoga and the Practice of Natural Light* this presence and continue your sleep. There are other visualization practices similar to Guruyoga in tantric dream practices.

For example, you might visualize Vajradhara as the unification of all your gurus and manifest that visualization in the center of your body. You would keep the *Dream Yoga and the Practice of Natural Light* of this visualization, relax, and slowly, slowly go to sleep.

Because these are tantric exercises, you should practice only the special instructions you receive from your master. By contrast, in Dzogchen we generally do the visualization of the white as described above, for the purpose of coordinating the energy.

After having manifested this white, luminous US, we slowly relax. We relax slowly but completely when we do this visualization so as not to have tension. If we do not relax completely, we will be unable to sleep. We must spontaneously *Dream Yoga and the Practice of Natural Light* the white US without thinking, without creating, and then relax all effort and go to sleep. In order to remind yourself to visualize this white US and to do the Dzogchen practice of the night, it is very useful to put a picture or a sign of a white US near your bed.

No one will know what it is; perhaps they will think it is a piece of artwork. You, however, will know its precise function. It is also very important to remember the practice of the white when you awaken in the morning. If possible, you may sound *ahh* immediately. If you cannot sound loudly because there is someone else sleeping, it is enough that you exhale with *ahh*. As long as you can hear yourself and feel the presence of that white this is a method of Guruyoga. It is not necessary to say many words or prayers; simply having the presence of the white ifc and recognizing that

the is the unification of the mind of all your gurus is sufficient.

Then you integrate this into a state of contemplation, or rigpa. Starting your morning yoga in this way is wonderful and will help you very much with all your practices and particularly your practice of the night. There is a kind of a connection that you make by remembering the white US when you are going to sleep and, then Dream Yoga and the Practice of Natural Light, in the morning. Menu Search. Cart You have no items in your shopping cart.

Search: Search. My Account Login. Shambhala logo. Dream Yoga and the Practice of Natural Light. You can see this in context of the original newsletter here. Related Books. Related Topics Dzogchen. The following article is from the Spring, issue of the Snow Lion Newsletter and is for historical reference only.

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Get A Copy. Paperbackpages. More Details Original Title. Other Editions 9. Friend Reviews. To see what your friends thought of this book, please sign up. Lists with This Book. Community Reviews. Showing Average rating 3. Rating details. More filters. Sort order. Apr 12, Owlseyes rated it really liked it Shelves: dreamsbuddhism. Before approaching N. But most importantly is the actual experience of Katz who travelled to France to meet with N.

Rinpoche and learn about his methods and get proof they really work. Stephen LaBerge:"The goal is to remain awake during deep sleep when the gross conceptual mind and the operation of the senses cease. Most Westerners do not even consider this depth of awareness a possibility, yet it is well-known in Tibetan Buddhist and Bon spiritual traditions. The result of these practices is greater happiness and freedom in both our waking and dreaming states. Historically it dives in the teaching of Dream Yoga and the Practice of Natural Light Tantra and the Dzogchen teachings.

It aims at developing the Mayic body and uses the power of concentration in certain syllables and their visualization. He said a curious thing in the interview: true, a master can enter the dream of the disciple. The book also provides a biography of the Tibetan master. Of special interest I retained his study under Ayu Khandro, a woman, then years of age. More recently, Rinpoche had been a teacher of Tibetan and other languages in Naples, Italy.

No doubt, an useful perspective. This is not a book for beginners. As far as I can see, it is really more suitable for people who have some experience of dzogchen practice and I'm not one of those.

Still, I found it to be an interesting account of various practices from to Tibetan Dzogchen tradition, to Dream Yoga and the Practice of Natural Light performed while falling asleep or while in the dream state. Most interesting, however, are the accounts of dreams that the author himself experienced. Oct 06, Kakyn rated it it was amazing. This is a short and concise book about dream yoga. Not to be confused with just lucid dream as in the Western Laberge's sense Dream of Clarity is lucid dream without karmic traces on waking life and is arisen from Clarity rather than impression.

I received oral transmission from ChNN last month and had Dream of Clarity just the night after the 3 day-retreat. I'm completely aware of the entire experience from falling asleep to vision which I rather kept private up to waking up shortly after This is a short and concise book about dream yoga. I'm completely aware of the entire experience from falling asleep to vision which I rather kept private up to waking up shortly after I have lucid dream a lot but I'm rarely conscious for the entire process.

This happens before I finish reading this book but after the retreat. After the retreat, I continue reading this book and still find value. Maybe the retreat was short and packed with other teachings as well, I find the book covers more depth on the subject of Dream Yoga than on the oral transmission Although the experience of oral transmission is definitely felt more precious and more cherished IMHO It is better to have oral transmission if you have the capacity and Dream Yoga and the Practice of Natural Light to meet ChNN in person because some of the teachings cannot be understood intellectually by a book and need the presence of the teacher in order for you to "taste" the teachings.

View 1 comment. Sep 13, Lindsay rated it liked it Shelves: the-mind. If you are new to dream yoga, you should read other books first or this book will confuse you. Also, sometimes the writer wanders off and I had difficulty to continue reading.

But here and there still a good read. Feb 24, Seth Chatfield rated it did not like it. Inaccessible and oddly written even for someone who is accustomed to Dream Yoga and the Practice of Natural Light fringe spirituality books.

Nov 27, Kevin rated it it was ok Shelves: dharma. Auspiciously, I fell asleep while listening to this text and had a very vivid dream. It included multiple versions of waking up and a few moments of intense clarity and non-duality. That's not something to make very much ado about, it was still highly experiential, but it was very useful to have a concrete experience to compare with this short book with its dzogchen view.

I was skeptical about the instructions for sleeping one side or the other, based on if you're Dream Yoga and the Practice of Natural Light or female, because of Auspiciously, I fell asleep while listening to this text and had a very vivid dream. I was skeptical about the instructions for sleeping one side or the other, based on if you're male or female, because of lunar cycles, while plugging your nose; as well as the claims about Agar 35 and notes about the way tantra texts claim to be "hidden" for many years and were "discovered" when the world was ready for them.

This Dream Yoga and the Practice of Natural Light an enjoyable dip into the implications of practice for our dreamstate while asleep. Nov 19, David Clapper rated it did not like it. This was the first book I read on Dream Yoga Dream Yoga and the Practice of Natural Light it left me feeling totally dis-empowered, unnecessarily putting me off a very worthwhile spiritual practice for a Dream Yoga and the Practice of Natural Light of years, until I read Tenzin Wangyal's book on the subject.

Namkhai is clearly a traditionalist and probably only revealed as much as he felt he was allowed to, but the result is so obscure it left me wondering why he had bothered to write the book. He was part of the first wave of Tibetans who left the country following the Ch This was the first book I read on Dream Yoga and it left me feeling totally dis-empowered, unnecessarily putting me off a very worthwhile spiritual practice for a number of years, until I read Tenzin Wangyal's book on the subject.

He was part of the first wave of Tibetans who left the country following the Chinese invasion in the s and maybe he hadn't gotten his head around the fact that the cultural context had changed, or maybe he was just being stubborn, but seeing as I'm a "meet me half-way" kind of guy, I had to give this one a definite thumbs down. Aug 12, Sarah rated it it was amazing Shelves: buddhism. This a beginning more than anything complete in and of itself, at least for me.

It does offer instructions on how to begin practice Dzogchen before bed, in the hopes of using sleep as a time to continue meditation. When with clear dreaming you can widen your perception to many sizes, and that allows you, to stay you after death. Sep 03, Toria rated it it was ok.

Has a fair amount of specific practical advice for techniques, though probably reads more smoothly if you have more background in tibetan buddhism and know some of the vocabulary. Oct 31, Andy rated it liked it. Nov 14, Don Flynn rated it really liked it. Informative short book on dream yoga and natural light practice, with the added bonus of pointing out instructions at the end. I'm not sure if I'll ever be able to master dream yoga, but it can only reinforce my practice. Jan 24, Brigid rated it liked it.

Offer specific insight into the practice of Natural Light. Definitely beneficial to those already practicing yoga and curious in the state of dreams.

As mentioned before, if you are currently practicing or partaking in yoga it is much easier to actualize or understand what is being Dream Yoga and the Practice of Natural Light. Essential reading for all who sleep Gastonregal rated it liked it Jul 13, Patricia rated it it was amazing Apr 26, Phi Phiona rated it it was amazing Aug 26, Elijah Van Dorf rated it it was amazing Aug 19, Tiago rated it it was amazing Oct 07, Yontan Gyatso rated it really liked it Oct 31, Lauren rated it really liked it May 30, Stefano Minichilli rated it it was amazing Nov 17, Condon Brown rated it it was amazing Jul 11, Amy rated it really liked it Jun 24, Geoffroy Tremblay rated it it was amazing Jul 31, Meelis rated it it was amazing Jan 31,

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He goes beyond the practices of lucid dreaming that have been popularized in the West by presenting methods for guiding dream states Dream Yoga and the Practice of Natural Light are part of a broader system for enhancing self-awareness called Dzogchen. In Dream Yoga and the Practice of Natural Light tradition, the development of lucidity in the dream state is understood in the context of generating greater awareness for the ultimate purpose of attaining liberation.

Also included in this book is a text written by Mipham, the nineteenth-century master of Dzogchen, which offers additional insights into this extraordinary form of meditation and awareness.

Must reading for dreamers in search of awakening. His luminous Dream Yoga teachings are invaluable for anyone interested in Buddhist practices and views on dreaming and the afterlife. These profound and liberating wisdom teachings from the ancient Dzogchen tradition of Tibet provide new perspectives on this life, on the nature of reality, and on the nature of consciousness and mind. I myself read this book with great interest and recommend it to my own students.

Dream Yoga is not just about awakening in the dream state, but also bringing it together with our non-dream awareness as well. When you buy a book, we donate a book. Sign in. Puzzles and Games to Play at Home. Category: Religion Philosophy. Apr 19, ISBN Add to Cart.

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