

FOUNDATIONAL PRACTICES OF DREAM AND SLEEP YOGA
FOUNDATIONAL PRACTICES OF DREAM YOGA
◆ CHANGE THE KARMIC TRACES
◆ DURING DAY, RECOGNIZE DREAM-LIKE NATURE OF LIFE
THINK: "I AM AWAKE IN A DREAM"
EMPHASIS ON YOURSELF, THE DREAMER
BUT TAKE CARE OF CONVENTIONAL REALITY
"DIRECTS LUCID AWARENESS TO ALL PHENOMENA"
◆ REMOVE GRASPING AND AVERSION
◆ ENGAGED AFTER A RE-ACTION OCCURS
YOU, THE OBJECT OR STIMULUS
AND YOUR RE-ACTION
ARE ALL DREAMS
FEEL THE DREAM-LIKE QUALITY
OF YOUR INNER LIFE
METHOD TO DEVELOP INDIFFERENCE
"DIRECTS LUCID AWARENESS TO EMOTIONAL RE-ACTIONS"
◆ STRENGTHEN INTENTION
◆ REVIEW THE DAY BEFORE GOING TO SLEEP
MAKE POSITIVE INTENTION
TO PRACTICE DURING THE NIGHT
EXPERIENCE THE MEMORIES
THAT ARISE AS DREAMS
INTEND TO BE LUCIDLY AWARE OF DREAMING
GENERATE INTENTION AS "SENDING A WISH"
◆ CULTIVATE MEMORY AND JOYFUL EFFORT
◆ ENGAGE UPON WAKING IN THE MORNING
RE-CALL THE EVENTS OF THE NIGHT
APPRECIATE LUCID DREAMS
OR RESOLVE TO DREAM LUCIDLY NEXT TIME
MAINTAIN CONSISTENT EFFORT
AWARENESS
◆ AWARENESS: OUR VISION OF REALITY
◆ TOTALITY OF EXPERIENCE
◆ EVERY PERCEPTION
◆ EVERY SENSATION
◆ EVERY MENTAL EVENT

AWARENESS

EVERY EMOTIONAL EVENT

EVERYTHING THAT SEEMS EXTERNAL TO US

STRIVE TO BRING AWARENESS

TO THE IMMEDIATE MOMENT

OF EVERY EXPERIENCE

THEN TO OUR DREAMS

THEN IN DEATH

LACK OF AWARENESS

UNABLE TO SEE TRUTH OF WHAT ARISES IN EXPERIENCE

MISTAKE PROJECTIONS AND FANTASIES FOR REALITY

DIFFICULT TO RESPOND SKILLFULLY

TO WHAT WE ENCOUNTER

WE REACT ACCORDING TO KARMIC HABITS

REACTION:

ATTACHMENT AND DESIRE

AVERSION, ANGER AND HATRED

IGNORANCE

PRACTICE FOR CONCENTRATION AND MENTAL STILLNESS

PRACTICE

DEVELOP CONCENTRATION & MENTAL STILLNESS

CALM ABIDING

FORCEFUL

MENTAL FIXATION ON AN OBJECT

SLOW, STEADY BREATHING

DISTINCTION: DON'T THINK ABOUT OBJECT -

JUST LET IT BE IN AWARENESS

NATURAL

MENTAL FIXATION WITHOUT AN OBJECT

FIX THE FOCUS ON SPACE

LEADS TO STABLE TRANQUILITY

ULTIMATE

MIND IS TRANQUIL BUT LIGHT, RELAXED AND PLIABLE

THOUGHTS ARISE AND DISSOLVE SPONTANEOUSLY

ABIDE IN THE NATURE OF MIND:

PURE, NON-DUAL AWARENESS

OBSTACLES AND PREVENTION

OBSTACLES

OBSTACLES AND PREVENTION

◆ **AGITATION**

◆ **THE MIND JUMPS RESTLESSLY**
FROM ONE THOUGHT TO ANOTHER
CONCENTRATION IS DIFFICULT

◆ **PREVENTION**

◆ **CALM YOURSELF BEFORE PRACTICE**

AVOID TOO MUCH MENTAL / PHYSICAL

ACTIVITY BEFORE PRACTICE

SLOW STRETCHES RELAX THE BODY

AND QUIET THE MIND

START WITH DEEP, SLOW BREATHS

FOCUS MIND IMMEDIATELY

◆ **DROWSINESS**

◆ **CAN MOVE INTO THE MIND LIKE A FROG**
A HEAVINESS AND TORPOR THAT BLUNTS AWARENESS

◆ **PREVENTION**

◆ **STRENGTHEN THE MIND'S FOCUS WITH CONCENTRATION**

TAKE A BREAK AND STRETCH

◆ **PRACTICE WHILE STANDING**

◆ **LAXITY**

◆ **THE MIND FEELS CALM, BUT IN A PASSIVE,**
WEAK MENTAL STATE

CONCENTRATION HAS NO STRENGTH

PLEASANT AND RELAXED,

BUT NOT CORRECT MEDITATION

◆ **PREVENTION**

◆ **STRENGTHEN POSTURE**

WAKE UP YOUR MIND

REINFORCE AND STRENGTHEN INTENTION

INITIAL PREPARATIONS FOR THE NIGHT

◆ **PREPARATION FOR THE NIGHT**

◆ **DISSOLVE NEGATIVE EMOTIONS**

SELF-LIBERATE EMOTIONS

(DISSOLVE INTO EMPTINESS)

TRANSFORM OR PROVIDE ANTIDOTE

USE YOUR KNOWLEDGE TO CALM YOURSELF

INITIAL PREPARATIONS FOR THE NIGHT

◆ VISUALIZE CHANNELS OF ENERGY

◆ CENTRAL CHANNEL

BLUE, SIZE OF CANE

WIDENS SLIGHTLY FROM HEART TO HEAD

◆ WOMEN

RIGHT CHANNEL = RED

LEFT CHANNEL = WHITE

◆ MEN

RIGHT CHANNEL = WHITE

LEFT CHANNEL = RED

NINE BREATH PURIFICATIONS

◆ NINE BREATH PURIFICATIONS

FIRST THREE BREATHS

◆ 1ST THREE BREATHS

◆ MEN

3 TIMES: WITH RIGHT HAND

INHALE GREEN LIGHT

THRU LEFT NOSTRIL

EXHALE THRU RIGHT NOSTRIL

◆ WOMEN

3 TIMES: WITH LEFT HAND

INHALE GREEN LIGHT

THRU RIGHT NOSTRIL

EXHALE THRU LEFT NOSTRIL

IMAGINE ALL OBSTACLES

LINKED WITH MALE POTENCIES

EXPULSED FROM THE WHITE CHANNEL

(IN FORM OF LIGHT-BLUE AIR)

WHITE CHANNEL: LEFT SIDE FOR WOMEN

WHITE CHANNEL: RIGHT SIDE FOR MEN

ILLNESS ASSOCIATED WITH THE WINDS

(NEED TO EXPLAIN "WIND" ILLNESSES)

OBSTACLES & OBSCURATIONS

CONNECTED WITH THE PAST

SECOND THREE BREATHS

◆ 2ND THREE BREATHS

MEN & WOMEN: CHANGE HANDS & REPEAT

SECOND THREE BREATHS

THREE INHALATIONS & EXHALATIONS

IMAGINE ALL OBSTACLES

LINKED WITH FEMININE POTENCIES

EXPULSED FROM THE RED CHANNEL

(IN THE FORM OF LIGHT-PINK AIR)

ILLNESS ASSOCIATED WITH BILE

(NEED TO EXPLAIN "BILE" ILLNESSES)

OBSTACLES & OBSCURATIONS

ASSOCIATED WITH THE FUTURE

THIRD THREE BREATHS

3RD THREE BREATHS

IF SITTING: PLACE LEFT HAND

ON TOP OF RIGHT HAND IN THE LAP

INHALE GREEN HEALING LIGHT INTO BOTH NOSTRILS

DOWN THE SIDE CHANNELS TO THE MAIN CHANNEL

FOUR FINGER WIDTHS BELOW THE NAVEL

VISUALIZE ENERGY RISING UP THE CENTRAL CHANNEL

OUT THE TOP OF THE HEAD

3 TIMES: INHALE & EXHALE

IMAGINE ALL POTENCIES FOR ILLNESS

(HOSTILE SPIRITS OR WINDS

RISING UP CENTRAL CHANNEL

EXPULSED FROM TOP OF HEAD

IN THE FORM OF BLACK SMOKE

ILLNESS ASSOCIATED WITH PHLEGM

(NEED TO EXPLAIN "PHLEGM" ILLNESSES)

OBSTACLES & OBSTRUCTIONS OF THE PRESENT

GURU YOGA

GURU YOGA

MERGE PRACTITIONER'S MIND WITH MIND OF MASTER

TRUE MASTER

FORMLESS, FUNDAMENTAL NATURE OF MIND

PRIMORDIAL AWARENESS

OF THE BASE OF EVERYTHING

CONVENTIONAL REALITY: WE EXIST IN DUALISM

GURU YOGA PRACTICE

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GURU YOGA PRACTICE

HELPFUL TO VISUALIZE GURU IN A FORM

VISUALIZE GURU IN FRONT OF YOU IN 3 DIMENSIONS

MADE OF LIGHT, PURE WITH STRONG PRESENCE

GENERATE DEVOTION AND GRATITUDE

OFFER A PRAYER FOR NEGATIVITIES

AND OBSTRUCTIONS TO BE REMOVED

ASK FOR POSITIVE QUALITIES BE DEVELOPED

ASK TO ACCOMPLISH DREAM YOGA

IMAGINE RECEIVING BLESSINGS

THREE BLESSINGS IN GURU YOGA

THREE BLESSINGS

WHITE LIGHT

MASTER'S BROW CHAKRA TO YOURS

PURIFY AND RELAX YOUR BODY

AND PHYSICAL DIMENSION

RED LIGHT

MASTER'S THROAT CHAKRA TO YOURS

PURIFY AND RELAX YOUR ENERGETIC DIMENSION

BLUE LIGHT

MASTER'S HEART CHAKRA TO YOURS

PURIFY AND RELAX YOUR MIND

WHEN THE LIGHTS ENTER YOUR BODY

FEEL THEM

BODY RELAXES

ENERGY RELAXES

MIND RELAXES

EXPERIENCE THE ESSENCE OF PURE AWARENESS

SUFFUSED IN WISDOM LIGHT

MASTER DISSOLVES INTO LIGHT

LIGHT ENTERS YOUR HEART

RESIDE THERE AS YOUR INNERMOST ESSENCE

IMAGINE YOU DISSOLVE INTO THAT LIGHT

REMAIN IN PURE AWARENESS

RIGPA (TIBETAN TERM FOR PURE AWARENESS)

SLEEPING AREA AS A SACRED SPACE

PROTECTION

CREATE A SENSE OF PROTECTION BEFORE YOU SLEEP

SLEEPING AREA AS A SACRED SPACE

TURN OUR SLEEPING AREA INTO A SACRED SPACE

VISUALIZE PROTECTIVE DAKINIS

BEAUTIFUL GODDESSES

ENLIGHTENED FEMALE BEINGS

LOVING, GREEN IN COLOR

POWERFULLY PROTECTIVE

REMAIN NEAR AS YOU FALL ASLEEP

AND THROUGHOUT THE NIGHT

FEEL COMPLETELY PROTECTED

CREATE ENVIRONMENT WITH MYSTIC IMAGINATION

MORE THAN VISUALIZATION

SEE THEM WITH YOUR MIND

USE YOUR IMAGINATION TO FEEL THEIR PRESENCE

CREATE A SACRED, PROTECTIVE ENVIRONMENT

CALM RELAXING, PROMOTES SLEEP

MYSTIC LIVING

CHANGE ENVIRONMENT WITH THE MIND

ALLOW ACTIONS OF THE IMAGINATION

TO HAVE SIGNIFICANCE

MAIN SLEEP / DREAM PRACTICE DURING THE NIGHT

MAIN SLEEP / DREAM PRACTICE

AWARENESS

BRING AWARENESS INTO THE CENTRAL CHANNEL

PEACEFUL

1ST SLEEP / DREAM PERIOD MOSTLY DEEP SLEEP

THROAT CHAKRA

TRADITIONALLY: 10 PM - 12AM

INCREASE CLARITY

CULTIVATE CLEAR VISION & LUCID EXPERIENCE

JOYFUL

2ND SLEEP / DREAM PERIOD, ACTIVE DREAMING

BROW CHAKRA

12AM - 2AM

STRENGTHEN PRESENCE

DEVELOP POWER AND STRENGTH

POWERFUL

3RD SLEEP / DREAM PERIOD

MAIN SLEEP / DREAM PRACTICE DURING THE NIGHT

HEART CHAKRA2AM - 4AM

◆ DEVELOP FEARLESSNESS

DEVELOP WRATHFUL ASPECT TO OVERCOME FEAR

◆ WRATHFUL

4TH SLEEP / DREAM PERIODROOT CHAKRA4AM - 6AM

PRELIMINARY PRACTICES (DURING THE DAY)

◆ PRELIMINARY PRACTICES

DURING THE DAY (TO BE DETAILED)

RE-CAP OF PRACTICES PRIOR TO SLEEP

◆ PRACTICES PRIOR TO SLEEP

PURIFICATION BREATHINGGURU YOGAGENERATE COMPASSION & LOVEVISUALIZE PROTECTOR DAKINISFORM DREAM INTENTION FOR THE NIGHT

FIRST CYCLE: POSITION AND BREATH

◆ 1ST CYCLE: VISUALIZE AWARENESS

LIE IN LION POSTUREMEN ON RIGHT SIDEWOMEN ON LEFT SIDEGENTLE THE BREATH & RELAX THE BODYBREATH FULL BUT QUIET

◆ NEITHER INHALATION NOR EXHALATION

◆ SHOULD BE AUDIBLE

FIRST CYCLE: VISUALIZATION

◆ VISUALIZE

BEAUTIFUL RED LOTUS WITH FOURPETALS IN THROAT CHAKRAIN THE CENTER, FACING FORWARDIS AN UPRIGHT TIBETAN ACLEAR & TRANSLUCENTLIKE A CRYSTAL MADE OF PURE LIGHTREFLECTS LUMINOUS COLOR RED

◆ FOUR PETALS OF LOTUS FLOWER

FIRST CYCLE: VISUALIZATION

MENTAL SOUND = RA
LOCATION = FRONT (YELLOW)
MENTAL SOUND = LA
LOCATION = LEFT (GREEN)
MENTAL SOUND = SHA
LOCATION = BACK (RED)
MENTAL SOUND = SA
LOCATION = RIGHT (BLUE)

FIRST CYCLE: INTENTION AND EXPERIENCE

◆ AS SLEEP ARRIVES

MAINTAIN LIGHT, RELAXED FOCUS ON THE "A"

BRING MIND & PRANA (LIFE FORCE)

INTO THE CENTRAL CHANNEL

◆ QUALITY IS PEACEFUL

◆ THROAT CHAKRA

PRODUCES GENTLE DREAMS

SCIENCE: PERIOD OF DEEP SLEEP

FEELING OF PEACE

◆ DEEP, RESTORATIVE SLEEP

SECOND CYCLE: POSITION AND BREATH

◆ 2ND CYCLE: INCREASE CLARITY

AFTER ABOUT TWO HOURS

TRADITIONALLY: AROUND MIDNIGHT

SAME SLEEP POSITION:

MEN ON RIGHT SIDE

WOMEN ON LEFT SIDE

◆ BREATH

◆ INHALE & HOLD BREATH VERY GENTLY

LIGHTLY CLENCH PERINEUM

(FLOOR OF PELVIS / ANAL SPHINCTER)

SENSE OF PULLING THE HELD BREATH UPWARD

SENSE OF HOLDING BREATH JUST BELOW NAVEL

COMPRESSED BY THE PRESSURE FROM BELOW

◆ GENTLY EXHALE

RELAX THE PELVIS

RELAX THE CHEST

RELAX THE BODY

SECOND CYCLE: POSITION AND BREATH

COMPLETELY RELAX BODY, ENERGY AND MIND

REPEAT SEVEN TIMES

SECOND CYCLE: VISUALIZATION

◆ **FOCUS**

CHAKRA ABOVE & BEHIND

WHERE EYEBROWS MEET THE BROW

VISUALIZE WHITE LUMINOUS LIGHT IN THE CHAKRA

SMALL

INSUBSTANTIAL

LUMINOUS

SECOND CYCLE: INTENTION AND EXPERIENCE

◆ **SPHERE OF LIGHT**

IMAGINE MERGING WITH SOMETHING REALLY THERE

◆ **MIND**

REMAINS CLEAR & PRESENT

BECOME ABSORBED INTO THE LIGHT

MIND INCREASES LUCIDITY

AWARENESS BECOMES CONTINUOUS

INCREASE LUMINOSITY OF DREAM

◆ **DREAMS**

CHARACTERIZED BY COLORFUL ENJOYMENT

THIRD CYCLE: POSITION AND BREATH

◆ **3RD CYCLE: STRENGTHEN PRESENCE**

FOUR HOURS INTO SLEEP PERIOD

TRADITIONALLY: TWO HOURS BEFORE DAWN

◆ **DIFFERENT BODY POSITION**

LAY BACK ON HIGH PILLOW

CROSS LEGS LOOSELY (EITHER LEG ON TOP)

BE COMFORTABLE

RECLINING MEDITATION POSTURE

◆ **BREATH**

TAKE 21 DEEP, GENTLE BREATHS

MAINTAIN FULL AWARENESS OF BREATHING

THIRD CYCLE: VISUALIZATION

◆ **FOCUS**

HEART CHAKRA

VISUALIZE BLACK, LUMINOUS SYLLABLE "HUNG"

THIRD CYCLE: VISUALIZATION

MERGE WITH THE SYLLABLE

EVERYTHING IS THE BLACK HUNG

BECOME THE BLACK "HUNG"

FALL ASLEEP

THIRD CYCLE: INTENTION AND EXPERIENCE

◆ DREAM QUALITY

DEVELOPING STRENGTH & POWER

FIND POWER ALREADY INSIDE YOURSELF

SENSE OF SECURE POWER

SECURITY

SAFETY

STRENGTH

FOURTH CYCLE: POSITION AND BREATH

◆ 4TH CYCLE: DEVELOPING FEARLESSNESS

TWO HOURS AFTER LAST AWAKENING (JUST BEFORE DAWN

NO PARTICULAR POSITION

NO PRESCRIBED BREATHING

BREATH IS LEFT IN ITS NATURAL RHYTHM

FOURTH CYCLE: VISUALIZATION

◆ FOCUS

SECRET CHAKRA (BEHIND THE GENITALS)

◆ BLACK LUMINOUS LIGHT

DARKER ASPECT OF THE IMAGINATION

FOURTH CYCLE: INTENTION AND EXPERIENCE

◆ DREAM QUALITY

WRATHFUL DAKINIS

FIRE ON MOUNTAIN & IN THE VALLEYS

TORRENTIAL RIVERS

WINDS THAT DESTROY EVERYTHING IN THEIR PATH

ELEMENTS DESTROY THE IMAGE OF THE SELF

DREAM QUALITY BECOMES WRATHFUL

◆ FOCUS

BECOME THE BLACK LUMINOUS SPHERE

LET THE MIND RELAX

LIGHTLY FOCUS ON BLACK LUMINOUS LIGHT

IT PERVADES YOUR SENSES AND MIND

ALLOW YOURSELF TO SLEEP

FOURTH CYCLE: INTENTION AND EXPERIENCE

ACCEPT THE WRATHFUL QUALITIES

DEVELOPING LUCIDITY AND FLEXIBILITY IN DREAMS

◆ FLEXIBILITY IN DREAMS

RECOGNIZE POTENTIAL FOR DEVELOPINGFLEXIBILITY IN DREAMSMULTIPLY THINGS WE EXPERIENCE IN DREAMS

◆ SIZE

◆ QUANTITY

◆ QUALITY

◆ SPEED

◆ ACCOMPLISHMENT

◆ TRANSFORMATION

◆ EMANATION

◆ JOURNEY

◆ VISION

◆ ENCOUNTER

◆ ACTIONS

THINK OF AND MANIFEST NEW POSSIBILITIESCHANGE TOWARDS THE POSITIVE

INTEGRATION WITH THE CYCLES OF TIME

◆ INTEGRATION WITH THE CYCLES OF TIME

DISSOLUTION OF PHENOMENA IN THE BASE

◆ DISSOLUTION OF PHENOMENA IN THE BASE

EVENING: BETWEEN SUNSET & GOING TO BEDEXTERNAL PHENOMANA MOVETOWARD DISSOLUTION IN SLEEPIMAGINE: THE RIVERS MOVE TOWARD THE SEA(FROM PHENOMENA TO PURE MIND)FLOW TOWARD COMPLETION IN NON-DUAL AWARENESS(RATHER THAN UNCONSCIOUSNESS)

CONSCIOUSNESS REACHING NIRVANA

◆ CONSCIOUSNESS REACHING NIRVANA

NIGHT: FROM FALLING ASLEEP TO WAKING AT DAWNTRY TO REMAIN IN AWARENESS DURING SLEEPABIDE IN THE CLEAR LIGHTEVEN BEFORE FALLING ASLEEPTHIS IS THE UNION OF BLISS AND EMPTINESS

ARISING OF INNATE AWARENESS TO CONSCIOUSNESS

ARISING OF INNATE AWARENESS TO CONSCIOUSNESS

- ◆ **DAWN: FROM FIRST GLIMMER OF LIGHT**
- UNTIL THE SUN APPEARS**
- DEVELOP INTENTION TO WAKE IN PURE PRESENCE**
- WAKE IN THE NATURE OF MIND**
- RATHER THAN IN THE CONVENTIONAL**
- (CONCEPTUAL) MIND**

EQUALIZING THE TWO TRUTHS IN THE WAKING STATE

EQUALIZING THE TWO TRUTHS IN THE WAKING

- ◆ **DAY: FROM BEING FULLY ENGAGED UNTIL SUNSET**
- STRIVE TO RETAIN AWARENESS**
- OF THE PURE NATURE OF MIND**
- EQUALIZE CONVENTIONAL AND ULTIMATE TRUTH**





