



# Dreaming Yourself Awake: Lucid Dreaming and Tibetan Dream Yoga for Insight and Transformation

By B. Alan Wallace, Brian Hodel

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Some of the greatest of life's adventures can happen while you're sound asleep. That'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 you're dreaming while you're in the midst of a dream. There is a range of techniques anyone can learn to become a lucid dreamer—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.

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### Editorial Review

#### Review

“A fiercely clear exploration of dream yoga and lucid dreaming, this rare and brilliant book is fundamentally a guide to awakening.”—Roshi Joan Halifax, Abbot, Upaya Zen Center, author of *Being with Dying*

“A brilliant scholar, monk, and lucid dreamer presents a provocative modern Buddhist view of reality: if you think the world is merely matter, you’re dreaming. Wake up and read this book.”—Stephen LaBerge, author of *Exploring the World of Lucid Dreaming*

“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.”—*San Francisco Book Review*

#### About the Author

Brian Hodel is a freelance journalist and book editor.

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