

Tibetan Dream Yoga
With Geshe Tenzin Wangyal Rinpoche

A GlideWing Productions online workshop
Course Syllabus

Introduction

Please tell us about your previous experience
Welcome! - Introduction to Tibetan Dream Yoga
The Purpose of the Ancient Tibetan practice of Dream Yoga
Illusion and reality in dreams and waking life
Being aware in Vision, Action, Dream and Death
The role of the Dream Yoga Goddess
Preparing for the workshop
Creating a Sacred Space for Sleep

Session One: Foundational Practices

First Foundational Practice: Changing the Karmic Trace
Second Foundational Practice: Removing Grasping and Aversion
Third Foundational Practice: Strengthening your Intention
Fourth Foundational Practice: Cultivating Memory Upon Awakening
Foundational Practices - Written Instructions PDF document
Performing the Foundational Practices during the day
Introduction to Lucid Dreams
Preparing for the Night: Purifying your Mind
Nine Breathings of Purification - Step-by-Step Practice Instructions
Nine Breathings of Purification - Written Practice Instructions

Session Two: Peace - Step One of the Main Dream Yoga Practice

Bringing Awareness into the Central Channel
Characteristics of Dreams - Step One
Informal Practice for Step One
Proper Focus in the Main Practice
Overview of the Main Practice
Working with the Main Practice Steps in this Workshop
Initiating Change and Transformation
Written instructions for Step One of the Main Practice

Session Three (Continue with Step One of the Main Practice)

Three Kinds of Dreams
Changing Negative Life Patterns
Affecting your Waking Life
You are the Creator of your Dreams
How to Approach the Dream Yoga Practice
Potential Obstacles to the Dream Yoga Practice

Session Four: Expansiveness - Step Two of the Main Dream Yoga Practice

Increasing Clarity
Characteristics of Dreams - Step Two
Informal Practice for Step Two
The Importance of falling asleep in the right state of mind
Explanation of Energy Body Terminology (PDF)
Body, Prana and Mind in Dream Yoga
A Word on the Daytime Foundation Practices
Written instructions for Step Two of the Main Practice

Session Five (Continue with Step Two of the Main Practice)

The Dream Body
Experiences in Lucid Dreams
Lucid Dreams and Healing Yourself
Working with the Chakras in the Dream Yoga Practice

Session Six: Power - Step Three of the Main Dream Yoga Practice

Strengthening Presence
Characteristics of Dreams - Step Three
Informal Practice for Step Three
More on the Qualities of Strengthening Presence
Written instructions for Step Three of the Main Practice
Sleeping Position for Step Three

Session Seven (Continue with Step Three of the Main Practice)

The Sleep Yoga Practice
Controlling or Respecting your Dreams
A Simple Lifetime Practice
Recurring Dreams

Session Eight: Fearlessness - Step Four of the Main Dream Yoga Practice

Developing Fearlessness
Characteristics of Dreams - Step Four
Informal Practice for Step Four
More on the Qualities of Fearlessness
Written instructions for Step Four of the Main Practice
Conclusion - Recommendations for after the workshop