

Andrew Holecek - Dream Yoga

What You'll Discover in These 7 Modules

In this 7-part transformational intensive, Andrew will guide you through the fundamental skills and competencies you'll need to build a foundation for lucid dreaming and Dream Yoga, and open your mind to greater awareness and your life to greater possibilities.

Each contemplation and training session will build harmoniously upon the previous ones so you'll develop a complete holistic understanding of the practices, tools and principles you'll need to turn your dreamtime into your a time for “nocturnal meditation” and heightened transformation.

Module 1: An Introduction to the Magical World of Nocturnal Meditations



Discover how lucid dreaming evolves into Dream Yoga — which develops into Sleep Yoga, which matures into Bardo Yoga — and how these practices lead to the deepest psychological and spiritual growth. You'll learn what these practices are, where they come from, and what they can do for you.

In this module, you'll discover:

- How to enter “night school,” and take advantage of up to a third of your life usually lost in oblivion
- Why these practices can be more effective than daily meditations
- How these meditations can help you transcend death
- How anybody can do these practices — and not lose precious rest
- The science that supports these claims

Module 2: Discover the Many Benefits of Lucid Dreaming & Dream Yoga



The physical, psychological, and spiritual benefits of the nocturnal meditations are remarkable and will inspire you to engage and commit to these practices. When you're working with your dreams, you're working with your mind at foundational levels. This is why transformation can occur quickly, and often dramatically.

You'll explore how the unconscious mind dictates much of conscious experience — backstage always runs onstage — and how lucid dreaming is a hybrid state where the conscious mind meets the unconscious, and can transform it.

In this module, you'll discover how lucid dreaming and Dream Yoga can:

- Transform nightmares and alleviate insomnia
- Allow you to rehearse presentations and performances
- Resolve interpersonal issues and process grief
- Enhance physical skills, and even facilitate healing
- Accelerate spiritual development and purify karma

Module 3: Eastern & Western Daytime Induction Techniques



Eastern spirituality and Western science have developed sophisticated daytime techniques to induce lucid dreams. What we do during the day has profound effects on how we sleep and dream at night. By working with daily meditations and techniques, we can install “pop ups” that will ping into our mind when we dream, instantly transforming a non-lucid dream into a lucid one.

In this module, you’ll:

- Learn the importance of journaling, and how to increase dream recall
- Discover the power of intention and belief: “I’ll see it when I believe it.”
- Learn about dreamstate checks, prospective memory, and dream signs
- Empower meditation as a “super technique” for lucidity
- Discover the two-way street (bi-directionality) between the conscious and unconscious mind
- Learn about sleep stages, and how to take advantage of “primetime dreamtime”

Module 4: Eastern & Western Nighttime Induction Techniques



Science and spirituality offer highly effective nocturnal methods proven to spark lucidity. In addition, Eastern and Western sleep hygiene practices prime us to wake up within our dream – and “clean up our act.”

And, by also understanding the subtle body that supports the subtle dreaming mind, we can engage inner yogas that spiritually wake up the body and the mind, while physically helping us sleep.

In this module, you’ll discover:

- The wake-and-back-to-bed technique, which can increase lucidity up to 2000%
- The role of diet in lucidity, and the place of supplements like galantamine
- The effectiveness of dream goggles, apps, and other gadgets
- The power of visualization, prana purification, and the Lotus technique
- How to play with hypnagogic and hypnopompic states
- How to reconstruct the “lost temple of sleep”

Module 5: Discover the Different Stages of Dream Yoga



Once you become lucid, a fantastic new world unfolds before you. Lucid dreaming delights in indulging that world; Dream Yoga works with transforming it. And by transforming your dreams in the progressive stages of Dream Yoga, you're transforming your mind – *what else is a dream made of?*

Psychological and spiritual liberation occurs when we change our relationship to the contents of our mind, and Dream Yoga provides a rare opportunity to effect this transformation.

In this module, you'll:

- Learn how to change your mind by changing your dreams
- Develop flexibility in your identity – your very sense of Self
- Remove all fear of the “dark” – the unconscious mind
- Transform your nightmares, or purify them altogether
- Discover the divinity that lies at the core of your being, and is revealed every night

Module 6: Discover the Antidotes for Transforming Your Obstacles



Wherever there is light, there is shadow; and the brighter the light, the darker the shadow. Common hurdles await any dream practitioner. These obstacles will reveal your blind spots.

You'll discover how to transform your obstacles into opportunities for greater insight. You'll even learn tricks for developing a sense of humor in the dark and techniques for playing with your enemies and transforming them into friends.

In this module, you'll discover:

- How to transform discouragement and impatience
- The *near enemies* of spiritual bypassing and nihilism
- Tricks for sustaining lucidity
- Tips for strengthening the clarity and frequency of lucid dreams
- The skills necessary for success

Module 7: Become a “Child of Illusion” Through Dream Yoga



You've discovered how nighttime dreaming practices lead to daytime transformation, and how lucid dreaming leads to lucid living.

During this last section of the course, you'll find out how to become a “child of illusion” through Dream Yoga and soften the hardships of daily life. You'll see how the nocturnal practices you've learned can make you more open, flexible, and playful, and how everything is enhanced by your heightened lucidity.

The qualities of the enlightened mind that are within you will start to shine!

In this module, you'll:

- Discover the magic behind seeing the world as dreamlike
- Realize how we suffer because we take things too solidly and seriously
- Start to free yourself from the domination of the unconscious mind
- Learn how far the nocturnal meditations can take you
- Discover that “this is a dream, I am free, I can change”

The *Dream Yoga* Bonus Collection

In addition to Andrew's transformative 7-part virtual course, you'll receive these powerful bonus materials. These bonuses are being offered to complement what you'll learn in the course and deepen your understanding and practice.

Dream Yoga & the Daytime Practice of Illusory Form

Audio Teaching From Andrew Holecek



A principal daytime lucidity practice is called “illusory form,” which is fundamentally about seeing our daytime experience as dreamlike. It’s a unique contribution of the Dream Yoga tradition, and a central practice that separates Dream Yoga from lucid dreaming. By practicing to see things now as being dreamlike, we grease the skids for seeing our nighttime dreams as dreams. Illusory form is a “fake it till you make it” practice. We don’t see this world as illusory, but the awakened ones do. They’ve “made it,” and naturally see the world as dreamlike. With the practice of illusory form, we emulate their perception — and come to see the world as it truly is.

The Non-lucid View: What Keeps Us in the Dark

Ebook Excerpt From Andrew Holecek



To fully comprehend the view of lucidity, it helps to understand the non-lucid view. As Sun Tzu said in *The Art of War*: “Know thy enemy.” This will help us appreciate the force of the “dark side,” and the power of our blind habitual patterns. What has kept us in the dark for so long? Where does our night blindness, or lack of lucidity, come from? By understanding our bias for wake-centricity — which is fundamentally ego-centricity — we can transform it, and wake up to all states of consciousness, including sleep and dream.

How to Meditate: A Detailed Explanation

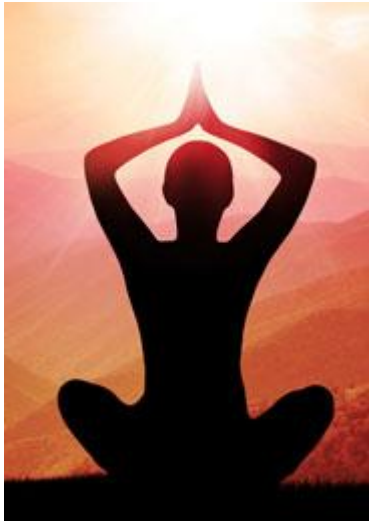
Ebook Excerpt From Andrew Holecek



Because meditation is so central to lucid dreaming and Dream Yoga, we need to have a comprehensive understanding of how to practice it. As the modern sage and jokester Yogi Berra said: “Practice doesn’t make perfect. Perfect practice makes perfect.” With a deeper appreciation of the art of meditation, we’ll grasp this seminal claim: dreams are to dreaming consciousness as thoughts are to waking consciousness. It’s the same mind at work in both states, and meditation trains that mind. In our terms, it trains it into lucidity.

Meditation & the Practice of Lucidity: What It Is & Is Not

Ebook Excerpt From Andrew Holecek



Meditation is a powerful daytime practice for lucid dreaming — it's the diurnal practice of lucidity. The reason we're non-lucid to our dreams at night is because we're non-lucid to the contents of our mind during the day. Studies have shown that meditators naturally have more lucid dreams, and for a meditation master, all their dreams are lucid. What the poet Kabir once said about death also applies to dreams: "What is found then is found now." You want to be lucid at night? Then be lucid during the day.