

DREAM YOGA AND THE PRACTICE OF NATURAL LIGHT

by [Chogyal Namkhai Norbu](#), ed. & intro. by Michael Katz

In *Dream Yoga and the Practice of Natural Light*, Chogyal Namkhai Norbu 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.

This revised and enlarged edition includes additional material from a profound and personal Dzogchen book which Chögyal Namkhai Norbu wrote for many years. This material expands and deepens the first edition's emphasis on specific exercises to develop awareness within the dream and sleep states.

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.

"A personal and inspiring account of the higher possibilities of sleep and dreams by an acknowledged master. Must reading for dreamers in search of awakening."—Stephen LaBerge, Ph.D., Director, The Lucidity Institute; author of *Lucid Dreaming* and co-author of *Exploring the World of Lucid Dreaming*

"Chögyal 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 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 the nature of consciousness and mind. I myself read this book with great interest, and recommend it to my own students."—Lama Surya Das, founder of the Dzogchen Foundation in Massachusetts, author of *Awakening the Buddha Within*

"If you persevere in this practice of recognizing the state of natural light, it will progressively become easier to repeat the lucid recognition that you are dreaming. There will arise a steady awareness within the dream, and you will know that you are dreaming. When you look in a mirror, you see a reflection. Regardless of whether it is beautiful or ugly, you know that it is a reflection. This is similar to knowing that a dream is a dream, to being lucid. Whether the dream is tragic or ecstatic, you are aware that it is merely a dream.

"Awareness within the Dream State becomes a way to develop oneself and to break one's heavy conditioning. With this awareness, one can manipulate the dream material. For example, one can dream whatever one wishes, or one can pick up a desired theme. One can continue dreaming from where one left off on a previous occasion."—excerpted from *Dream Yoga and the Practice of Natural Light* by Chogyal Namkhai Norbu

[Chögyal Namkhai Norbu](#) is a Tibetan master of the Dzogchen tradition. He has been a professor at the oriental Institute of the University of Naples, Italy, and the author of many books, including *The Crystal and the Way of Light*, *The Supreme Source*, and *Dzogchen: The*

Self-Perfected State.

Michael Katz is a psychologist and certified Yantra Yoga instructor who has lectured widely on lucid dreaming. He has practiced Tibetan Buddhism and Dzogchen since 1974 and is the author of the environmental activism novel, *The White Dolphin*.

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- [Review by Jesse Abbot, Reprinted from *The Mirror*](#)
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"The new edition is sufficiently different from the already pivotal previous version to warrant purchasing it and working seriously with its contents. In the current edition, Rinpoche, who has had clear abilities in dream practices since his youth, expands his initial commentary on the "practice of the night" with more specific explanations drawn from an intimate and detailed Dzogchen manuscript he has been writing for many years."—*The Mirror*

"Provides a valuable practice to help calm the mind in lucid, dreaming states so that we can truly deepen our awareness. Dream Yoga is not just about awakening in the dream state but also bringing it together with our non-dream awareness as well."—Nate DeMontigny, *Precious Metal/Wordpress*

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