



*We asked Andrew Holecek to write a personal note about his upcoming weekend Dream Yoga Program:*

Hi Everybody,

I wanted to share a few words about the upcoming lucid dreaming and dream yoga program. While you will certainly learn how to lucid dream, and be introduced to the other nocturnal meditations (dream yoga and sleep yoga), this program is about much more than what happens when we sleep and dream. We will use lucid dreaming and dream yoga as a way to explore the nature of mind and reality, and show you how the basic principles of lucidity apply to daily life. *In short, lucid dreaming is really about lucid living.* I've been studying and practicing this stuff for close to 40 years, and the deeper I go the more I find. As you will see, this material is RICH.



My approach is an integral one, which means we'll explore the reasons we DON'T have lucid dreams from a broad spectrum stance, using psychology, biology, sociology, and cultural studies. By doing so, we'll see what is required to have these special dreams. We'll also see how dream yoga is a complete path to awakening, if one elects to pursue it. (The first Karmapa attained his enlightenment via dream yoga.) These teachings, of course, also dovetail into the bardo teachings, so at the deepest levels the nocturnal meditations help you prepare for death.

And peppered throughout the weekend will be a presentation of the nearly unbelievable benefits of lucid dreaming itself. I have to honestly say that of all the programs I teach, *the ones on dream yoga are my favorites — because they go so deep.* All this is joined with some really cool videos, and new ways to look at meditation.

Put bluntly: *this weekend is a gas. I guarantee it!*

Look forward to seeing you,

*Andrew*