



DREAM YOGA... BEYOND LUCIDITY

Tibetan Buddhist Discipline for Living and Dying Awake

with Charlie Morley and Deborah Jones

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Joshua Tree, CA

Lucid dreaming is far more than an extreme sport. It's more than learning to wake up in your dreams so you can fly or experience super powers. Beyond the egoic approach to lucid dreaming dwells an esoteric practice capable of challenging your view of a fixed reality held in place by your beliefs and biases.

Developing lucidity in dreams is an ancient mystical discipline. It's a shamanic undertaking, an alchemy of awareness inviting the practitioner into a state of wakefulness that crosses realities and levels of consciousness. Lucid dreaming is the gateway. Beyond lucidity, structures give way to an expressing unified field of potential. Learn to stay awake. Learn to offer your life and death as a gift to the greater awakening at play. Be that kind! **Become the Conscious Dreamer!**

Save the Dates!

Event Fee: \$750

Room and Board: 5 nights
Double \$550
Single \$650

Together we will:

- Cultivate a stabilized mindfulness practice essential for lucid dreaming.... and living.
- Learn to navigate the sleep/dream cycle as a tool to develop continuity of awareness across all states of consciousness.
- Experience seeding your dreams as a shamanic practice for transformation.
- **GET LUCID!**
- Become a healer in the dream state – healing your psyche (shadow), karmic patterns of thought and behavior, restoring harmony to your bodies.
- Explore the bardo of dreaming as a gateway into conscious dying.
- Wake up in your dreams as a practice for waking up in the bardos after death; consciously participating in the creation of your next life.
- Explore creating a group dream consciousness for offering healing to the world and all sentient beings.

Charlie on the benefits of lucid dreaming to living lucid.

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