



# The Tibetan Yogas of Dream & Sleep

---

TENZIN WANGYAL RINPOCHE

---

PRACTICES FOR  
AWAKENING

FOREWORD BY **THE DALAI LAMA**

Books by Tenzin Wangyal Rinpoche

*Awakening the Luminous Mind*

*Awakening the Sacred Body*

*Healing with Form, Energy, and Light*

*Spontaneous Creativity: Meditations for Manifesting Your Positive Qualities*

*Tibetan Sound Healing*

*The True Source of Healing: How the Ancient Tibetan Practice of Soul*

*Retrieval Can Transform and Enrich Your Life*

*Unbounded Wholeness: Dzogchen, Bon and, the Logic of the Nonconceptual*

(with Anne Carolyn Klein)

*Wonders of the Natural Mind*

# The Tibetan Yogas of Dream and Sleep

## Practices for Awakening

*Revised Edition*

TENZIN WANGYAL RINPOCHE

Edited by Mark Dahlby

Foreword by the Dalai Lama



SHAMBHALA

FOR MEDIA USE ONLY / NOT FOR SALE

On-Sale Date: August 30, 2022

Shambhala Publications, Inc.  
2129 13th Street  
Boulder, Colorado 80302  
www.shambhala.com

© 1998, 2022 by Tenzin Wangyal  
This second edition, published in 2022,  
has been revised and updated.

Cover photo: StockByM/iStock  
Cover design: Daniel Urban-Brown

All rights reserved. No part of this book may be reproduced  
in any form or by any means, electronic or mechanical,  
including photocopying, recording, or by any information  
storage and retrieval system, without permission in writing  
from the publisher.

9 8 7 6 5 4 3 2 1

*Second Edition*  
Printed in the United States of America

Shambhala Publications makes every effort to print on  
acid-free, recycled paper.

Shambhala Publications is distributed worldwide by  
Penguin Random House, Inc., and its subsidiaries.

LIBRARY OF CONGRESS CATALOGING-IN-PUBLICATION DATA

Names: Wangyal, Tenzin, author. | Dahlby, Mark, editor.

Title: The Tibetan yogas of dream and sleep: practices for awakening /  
Tenzin Wangyal Rinpoche; edited by Mark Dahlby.

Description: Boulder, Colorado: Shambhala, [2022] |

Includes bibliographical references.

Identifiers: LCCN 2021042554 | ISBN 9781611809510 (trade paperback)

Subjects: LCSH: Yoga—Bon. | Dreams—Religious aspects—

Bon (Tibetan religion) | Sleep—Religious aspects—Bon (Tibetan religion)

Classification: LCC BQ7982.2 .w36 2022 | DDC 299.5/4—dc23

LCrecord available at <https://lccn.loc.gov/2021042554>

This book is dedicated to Namkhai Norbu Rinpoche, who was a great inspiration in my life, both in how I teach others and in my own practice.

# Contents

Foreword by His Holiness the Dalai Lama	xiii
Editor's Preface to the Second Edition	xv
Preface to the First Edition	xvii
Acknowledgments	xxiii

Introduction	1
Receiving the Teachings	3

## PART ONE

### The Nature of Dream

1. Dream and Reality	9
2. How Experience Is Shaped	11
Ignorance	11
Actions and Results: Karma and Karmic Traces	12
Obscurations of Consciousness	14
Positive and Negative Karma	15
Negative Karma	15
Positive Karma	16
Liberating Emotions	17
Karmic Traces and Dream	18
The Six Realms of Cyclic Existence	20
Hell Realm	23
Hungry Ghost Realm	24
Animal Realm	24

Human Realm	25
Demigod Realm	26
God Realm	26
Why “Negative” Emotion?	27
3. The Energy Body	29
Channels and Prana	29
Channels ( <i>Tsa</i> )	31
Contradictions	32
Prana ( <i>Lung</i> )	33
Karmic Prana	34
Wisdom Prana	34
Balancing the Prana	35
Prana and Mind	35
Chakras	37
Blind Horse, Lame Rider	38
4. Summary: How Dreams Arise	41
5. Images from the <i>Mother Tantra</i>	43
Teaching Metaphors	45

## PART TWO

### Kinds and Uses of Dreams

6. Three Kinds of Dreams	49
Samsaric Dreams	49
Dreams of Clarity	50
Clear Light Dreams	51
7. Uses of Dreams	53
Experience in Dream	53
Guidance and Guidelines	54
Divination	56
Teachings in Dreams	59
8. The Discovery of Chöd Practice	61
9. Two Levels of Practice	67

PART THREE

## The Practice of Dream Yoga

- 10. Vision, Action, Dream, Death 73
- 11. Calm Abiding: Zhiné 77
  - Forceful Zhiné 79
  - Natural Zhiné 80
  - Ultimate Zhiné 80
  - Obstacles 81
    - Agitation 81
    - Drowsiness 81
    - Laxity 82
  - Daily Practice 82
- 12. The Four Foundational Practices 85
  - One: Changing the Karmic Traces 85
  - Two: Removing Grasping and Aversion 88
  - Three: Strengthening Intention 89
  - Four: Cultivating Memory and Joyful Effort 91
  - Consistency 92
- 13. Preparation for the Night 95
  - Nine Purifications Breathing 96
  - Nine Breaths Instructions 98
    - First Three Breaths: Clearing the White Channel of the Poison of Anger 98
    - Second Three Breaths: Clearing the Red Channel of the Poison of Attachment 99
    - Third Three Breaths: Clearing the Blue Channel of the Poison of Ignorance 99
  - Resting 100
  - Guru Yoga 100
    - The Practice 103
  - Protection 104
- 14. The Main Practice 107
  - Bringing Awareness into the Central Channel 109
  - Informal Practice 111



Increasing Clarity	111
Informal Practice	114
Strengthening Presence	114
Informal Practice	116
Developing Fearlessness	117
Informal Practice	117
Integrating the Practice	118
More on the Elements of the Practice	120
Sequence	120
Position	121
Focusing the Mind	122
15. Lucidity	127
Developing Flexibility	129
16. The Obstacles	135
Delusion and Losing Yourself	135
Laxity	136
Self-Distraction	137
Forgetting	137
Four Obstacles according to Shardza Rinpoche	138
Too Much Seriousness	139
17. Controlling and Respecting Dreams	141
18. Simple Practices	143
The Waking Mind	144
Preparing for Night	145
Make the Practice Simple	146
A Simple Lifetime Practice	147
19. Integration	151
20. Outlined Synopsis of the Dream Yoga Practices	153
Zhiné	153
The Four Foundational Practices	153
Changing the Karmic Traces	153
Removing Grasping and Aversion	154
Strengthening Intention	154
Cultivating Memory and Joyful Effort	155

- Preparation for Night 155
  - Nine Purifications Breathing 155
  - Guru Yoga 155
  - Protection 156
- The Main Practices 156
  - Bringing Awareness into the Central Channel 156
  - Increasing Clarity 157
  - Strengthening Presence 157
  - Developing Fearlessness 158

#### PART FOUR

### Sleep

- 21. Sleep and Falling Asleep 163
- 22. Three Kinds of Sleep 165
  - Sleep of Ignorance 165
  - Samsaric Sleep 165
  - Clear Light Sleep 166
- 23. Sleep Practice and Dream Practice 169

#### PART FIVE

### The Practice of Sleep Yoga

- 24. The Dakini Seljé Dö Drelma 175
- 25. Preliminary Practice 179
- 26. Sleep Practice 181
  - Entering Sleep 182
- 27. Tiglé 187
- 28. Progress 189
- 29. Obstacles 191
- 30. Supportive Practices 195
  - Master 195
  - Dakini 195
  - Behavior 196
  - Prayer 196

- Dissolving 197
- Expanding and Contracting 197
- 31. Integration 199
  - Integration of Clear Light with the Three Poisons 199
  - Integration with the Cycles of Time 202
    - External Unification 202
    - Internal Unification 205
    - Secret Unification 206
    - The Three Unifications: Conclusion 208
- 32. Continuity 209

#### PART SIX

### Elaborations

- 33. Context 213
- 34. Mind and Rigpa 215
  - Moving Mind 215
  - Rigpa 216
  - Base Rigpa and Path Rigpa 217
- 35. The Base: Kunzhi 219
  - Mind and Matter 220
- 36. Knowing 221
- 37. Recognizing Clarity and Emptiness 223
  - Discrimination 224
- 38. Self 225

Final Words 227

Glossary 231

Tibetan Works Consulted 237

About the Author 239



FOR MEDIA USE ONLY / NOT FOR SALE  
On-Sale Date: August 30, 2022

# About the Author

TENZIN WANGYAL RINPOCHE has students in twenty-five countries and teaches in several locations in Europe, the United States, Mexico, Central and South America, and Asia. If you would like information on his and other teachers' schedules, please visit the Ligmincha community website at [www.ligmincha.org](http://www.ligmincha.org).