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Wallace ...

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integrates the two most
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dream practice-lucid
dreaming, as developed and
enhanced by the science of

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yoga of Tibetan Buddhism.
Together they will bring you
to a life changing
awakening. Lucid
DREAMING Lucid
dreaming is simply being
conscious that you are
dream ing.

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Keywords: lucid dreaming;
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die, you need to be fully
awake when you live and
one of the cleverest ways to

stay awake when you live is to start becoming awake in your dreams. So in Tibetan dream yoga, one starts to become first acquainted with the idea of life being a dream, an illusion.

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