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Dream Yoga and the Practice of Natural Light

Chogyal Namkhai Norbu

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In *Dream Yoga and the Practice of Natural Light*, Chögyal 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 expanded edition includes additional material from a profound and personal Dzogchen book, which Chögyal Namkhai Norbu wrote over many years. This material 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.

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