



# Übung der Nacht: Tibetische Meditationen in Schlaf und Traum (German Edition)

*Tenzin Wangyal Rinpoche*

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Einführung in die tibetische Methode des Traum-Yoga, die uns Träume bewusst erleben lässt

Traum-Yoga ist eine in Tibet seit alter Zeit bekannte meditative Praxis. Der Praktizierende versucht dabei, auch während der Nacht bewusst zu bleiben, um auf die eigenen Träume Einfluss zu nehmen. Traum-Yoga führt zu hoher Bewusstheit und Gelassenheit und unterstützt die spirituelle Entwicklung. Es hilft u. a. bei der Bewältigung von Stress oder Versagensängsten und bringt uns der „Erleuchtung“ näher.

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