



Ancient Wisdom: Nyingma Teachings of Dream Yoga, Mediation & Transformation

Gyatrul Rinpoche

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In this book, three traditional texts on Dream Yoga, Meditation, and Transformation are presented and commented on by Ven. Gyatrul Rinpoche "for their relevance to the modern-day spiritual aspirant who must combine and balance quality practice time, work time and rest time in the course of a busy day." The commentary is "specially tailored to the needs of Western students."

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