



# Dream yoga

- Preliminary knowledge
- Dream interpretation
- Pacifying methods

## Preliminary knowledge

Tibetan traditional dream readers or seriously interested participants should study the following subjects about basic philosophical and tantric knowledge. They should be well informed or at least know some perspectives of Buddhism ahead of time. But a simple journey to the land of dreams does not require the above-mentioned knowledge at all.

## History

Dream analysis and its interpretation have been used in Tibet since ancient time. Tibetan Bon faith healers used dreams to read the relationship between the spirits and humans, and diagnose diseases. 'Dream tellers' were also involved with the government to make predictions to the kings about the politics and prosperity of the country. After Buddhism came to Tibet in the 7<sup>th</sup> century, dream analyzing culture developed along with medical knowledge and spiritual practices. The practice of dream analysis increased with the use of dream omens as a diagnosis in medical practice, according to the Tibetan Medical tantra *Gyud-shi* and with Yoga tantra as a 'dream Yoga' and practice for spiritual transformations of the body/mind.

## Dream, the secret language

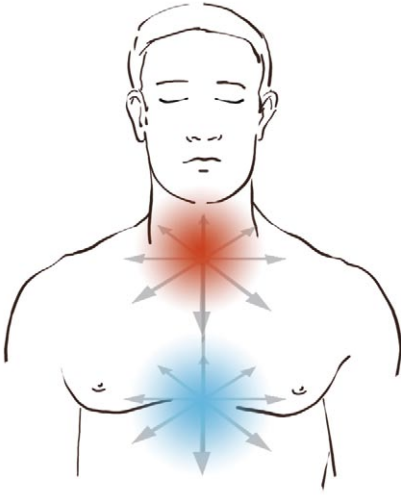
Dream is the secret language of the mind and phenomena, and a common subject of interest in the East and West. In the West, psychoanalysis is expressed as a 'big dream' and a language of the mysterious\*. Does an unseen angel or devil play a role of masterminding? Western psychologists neglect the religious and spiritual concepts of the dream and adopt the mode of scientific interpretation. The Tibetan dream interpretation is particular. It is mixed with cultural beliefs and is firmly influenced by Buddhist philosophy of mind and phenomena. Some concordances still exist between the eastern and the western understanding of dreams but there are also huge differences. In Tibetan Buddhism, it is said that the inner mind or *Kunshi*, 'base of the mind', records all the memories of past and present experiences of the body and mind. The reflections of the memory - that is released or moved by similar experiences that the person earned or will earn in the day or next days - may appear in the dream. To reveal the secret language of dreams and its practice, one should learn them from the tantra and with a master.

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\* C.G.Jung's 'analytical psychology', Routledge and Kegan Paul, London

### Cause of the dream

The consciousness, carried in the channels by the subtle wind energy, *Srok-rLung*, reaches the throat chakra, and goes to the upper, middle and lower parts of the body. It earns the favorable or unfavorable experiences and produces emotions, which are reflected as a dream by the reactivation of the memory of past and present experiences of life. The diseased people dreams are mostly negative and caused by blocked or stagnated energy in the channels by the diseases themselves.



### Mind and consciousness

The mind itself is clear, luminous and one, but when it perceives and reacts to objects, it produces six different consciousnesses (eye, nose, ear, tongue, body and mental consciousnesses). In reaction to perceptions and because of the mind's deep nature and characteristics, emotions originates from the three mental poisons: attachment, hatred and delusion. These poisons produce major positive and negative mental afflictions and disturb the humors of the body. There are 51 negative and positive types of emotions manifested from the three mental poisons.

See more under the Tibetan Medicine website section

### The time of the dream

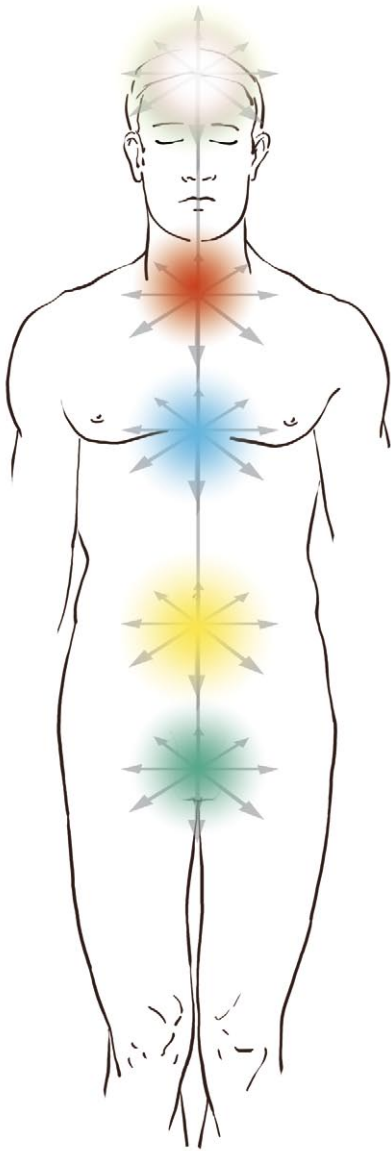
During sleep or even during fainting, the sensory consciousnesses dissolve into the mental consciousness, the mind falls into a deep, dark and profound sleep and momentarily goes into an unconscious state. After that stage, the 'mental affliction wind', *Nyonmongpei-rLung*, risen from the past life and karma, awakens the mind and leads it through the two channels up to the throat chakra. The dream begins when the consciousness, enters either in the right or left channel and from there manifests in dreams.

The dream has three stages which are:

For example, for a person who falls asleep at 11.00 p.m. and wakes up at 07.00 a.m.

- The first stage dream appears between 11.00 p.m.-01.00 a.m. dreams are influenced by daily life and phlegm humor.
- The second stage dream appears between 02.00-04.00 a.m. It is influenced by evil spirits or past life memories and bile humor.
- The third stage of dream appears between 05.00-07.00 a.m. and is in the last section of the night or it falls in early morning 'dawn and dusk'. It is the most balanced state of subtle wind energy, and the dream can show the true reflection of the body/mind situation and wind humor. Therefore the last dreams are used for interpretation for positive and negative prognosis.

The dream depends on the completion of dream stages according to the duration of the sleep. If a person sleeps at 01.00 a.m. and wakes up at 10.00 a.m., the hours should be divided into three parts as mentioned above and whilst the person sleeps only five hours per day there should be the same division.



### Colors and forms of the dreams

The colors and forms of the dreams manifest themselves as reflections of past experiences. The memory is kept by the mind in the *Kunshi* and whenever a strong emotion with similar situation, structure, color, emotion and so on appears, the mind recalls the memory and produces its reflection in the form of a dream. For instance, when we think 'white Lotus', some people can immediately see a white lotus in their eyes and some are not able to do so because they have never seen the flower or probably there is no record of it in the *Kunshi*. Perhaps they only see a 'mentally projected Lotus' which could be different from the reality because the memory cannot produce it.

### Influence of the five wind elements on the color

Depending on which wind is manifesting in a dream and moving to the chakras of the body, the color of the images can change.

- Earth wind                      a yellow color rises from the navel chakra
- Water wind                      a light blue color is produced by the heart chakra
- Fire wind                        a red color rises from the throat chakras
- Wind wind                       a green color moves from the secret chakra
- Space wind                      mixed colors come from the crown chakra

### Cause of different visions and images

Generally six different kinds of visions can appear in the dream according to the journey of the consciousness through the whole body during the sleep. For example, when the consciousness goes to the below seen parts of the body with *Sog-rlung*, the 'life sustaining wind', different dreams are shown;

- Upper part of the body:    dreams of heaven, sky, flying and mountain climbing, etc.
- Eyes' channel:                very clear objects are seen in the dream
- Ears' channel:                very clear sounds are heard in the dream and it is the same with the other sensory organs
- Middle part of the body:    dreams of meadow, grounds and soft wavy hills, and trips to other continents etc.
- Lower part of the body:    dreams of falling down, arriving in hell, animal and Preta (hungry ghosts) worlds, darkness, diving in the water, going down in valleys etc.

### Directions and dreams

If the consciousness travels to the following areas:

- Front channel of the heart chakra                dreams of the Eastward direction
- Back side channel                                        Westward direction
- Left side channel                                         Northward direction
- Right side channel                                       Southward direction
- Open and wide channels                                dreams of open space
- Tide and tiny channels                                 dreams of narrow places and appearance of space dealing trouble etc.

## The dream interpretations

There are six types of dreams mentioned in Tibetan Medicine that can be generally interpreted:

1. Dreams of what was seen the previous days.
2. Hearing dreams of what was heard the previous days.
3. Experiencing dreams of what was experienced the previous days.
4. Dreams of prayers; fulfill the spiritual wishes
5. Dreams of fulfilled normal wishes
6. Dream omens or illness prognosis

All the above types of dreams can be explained through three categories.

Without distinction of time, types of dream and person, the following three categories are more practical and accurate to the interpretation.

A. **Dream of the healthy person** (first five dreams mentioned above)

B. **Dream of the unhealthy person** (last type of dream mentioned above)

C. **Premonitory dreams** (positive and negative omens. This group has three main different dreams: general omen, dream predictions and spiritual visions).

### A. Dream of a healthy person

Dreams about Devas, emperors, kings, leaders, famous men, etc.

Examples of dreams related to the three humors and constitutions:

1. Regular dreams with blue or black color of meadow, birds, flowers, houses, cloths, flying, riding horse or vehicles, objects moving, wind blowing, agitation, anxiety, joy, happiness, emotions, etc. are wind nature signs.
2. Regular dreams with yellow and red color of earth, house, cloths, flower, gold, copper, hot and burning fire, sun, bright color, sweating, red or yellow animal, slow and stable, clear mind, fear etc. are bile nature dreams.
3. Regular dreams with white or gray color of water, snow, white earth or ground, elephant, silver, pearl, cloths, ocean, peaceful rivers, calm and quiet, stable and slow and heavy etc. are phlegm nature dreams.

### B. Dream of an unhealthy person and diagnosis

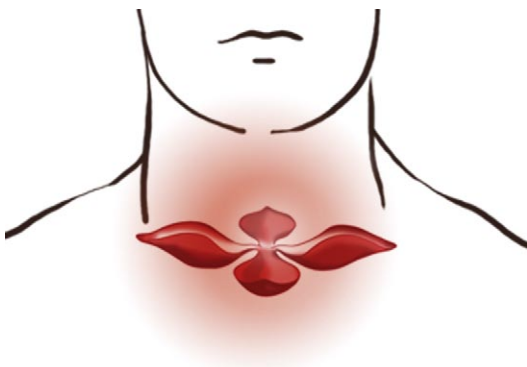
When the consciousness channel is blocked and contaminated by the disease, the dream is influenced by the illness. Diseased dreams appear differently according to the nature and energy background and their imbalances. They are studied in the seminar.

### C. Positive and negative premonitions in dreams and their predictions

Dream predictions:

The dream premonition has two sections: general dream and spiritual visions.

More information can be found in the Tibetan medicine various practical texts and specially in dream yoga of Naropa's work.



### Pacifying the negative dreams

To pacify these kinds of dreams, one should:

- Take part in rites and rituals that can pacify some of the bad dreams and omens.
- Receive long life initiation.
- Practice dream yoga.
- Study and meditate on emptiness
- Go to a particular spiritual retreat.
- Train oneself to recognize the dream as an illusory world.