

A Dreamlike Collage of Resources for ...



Queen Maya's Dream

PRACTICES OF THE NIGHT

Mahayana Arts of Sleeping & Dreaming

Joan Sutherland

Preparation



Tibetan Dakinis

Bodhichitta

In order to free myself and others, I'd like to engage in the practice of dream yoga, which has the power to liberate suffering, fear, and confusion.

~ Padmasambhava

Relaxation

All the rivers of my life flowing into the great sea of sleep

Intention

I will remember my dream

I will recognize my dream as a dream

I will experience the clear light of deep sleep



things to do while Falling Asleep

Heart Sutra mantra

Gaté gaté paragaté
Parasamgaté
Bodhi svaha

These sounds invoke the mind's natural light, which is the light of the universe

Metta

May all beings be joyful and at ease
May they be peaceful and well
May I have peace & joy

Tonglen

Breathe in what is hot and heavy, breathe out what is cool and light, first with your breath, then through every pore in your body



Chinese Dakini

Focus on the throat for dreams, on the heart for deep sleep

Something to Notice The moment you first wake up,
before the self reassembles

Koan The stone woman calls them back
from their dream of the world

Daylit Practice

Am I awake? Am I dreaming? How do I know?

Dream person drinking dream coffee under a dream tree

Koan The donkey sees the well,
and the well sees the donkey

Qué es el mundo real sino el sueño que soñamos todos, el sueño común?

~ Miguel de Unamuno

Trikaya ~ Three Bodies

Nirmanakaya ~ Material World ~ Waking
Sambhogakaya ~ World of Energy ~ Dreaming
Dharmakaya ~ Empty World ~ Sleep

Slumbering in dreamland,
Talking about the dream.
Why not float our dream
On the stream of eternity?
~ the nun Ryokan

Koan The stone woman gives birth
in the middle of the night





The Buddha's Parinirvana

The Night Journey

One Version

Quiet Phase (90 minutes)

- Hypnagogic dreamlets
- Light sleep
- Delta sleep
- Return to light sleep

Active Phase (5-10 minutes)

- REM sleep
- Brief awakening

Quiet Phase (90 mins decreasing to 30 mins)

Active Phase (10 mins increasing to 45 mins)

Repeating for 5-7 cycles per night

Another Version

Early part of the night

- Deep sleep
- Karmic / day residue dreams

Middle of the night

- Intermediate stage when we're permeable to influence
- Hour of the wolf

Towards dawn

- Lighter sleep
- Dreams of natural clarity



Cloud Dragon

Joan Sutherland
Dharma Works