



# Meditation, Transformation, And Dream Yoga

*Gyatru Rinpoche*

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The three traditional Nyingma texts and Venerable Gyatru Rinpoche's commentary included in this book were selected by him 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. Guidelines for formal sitting are presented here from the Dzogchen perspective in the teachings on quiescence meditation. Practices for bringing the experiences of daily life into the spiritual path are presented in the section on transformation. Finally, the teachings on dream yoga guide the practitioner in the conscious control of the dream state as well as the bardo state at the end of life. Ven. Gyatru Rinpoche's dynamic and practical commentaries on each section are specially tailored to the needs of Western students. The result is an indispensable handbook for practitioners at all levels of experience. When the Venerable Gyatru Rinpoche arrived in the West many decades ago, he was already a receptacle for an abundance of transmissions received from many of the foremost and authentic masters of our times. Since then, his noble disposition and advanced level of meditation practice has assisted innumerable people, and he has established many Dharma centers.



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