

LAMA LODRO : Lucid Dreaming & Dream Yoga
SYNOPSIS & SUPPLIES ~ Page 1 of 2 ~
2-part Workshop : 10:30 a.m : May 11 and May 25, 2024

Dreams are the guiding words of the soul. ~ Carl Jung

When an inner situation is NOT made conscious, it appears outside as fate. ~ Carl Jung

Lama Lodro's studies of Dream Yoga began over 50 years ago and draws from many teachers and sources encountered during his decades of travel around the world, including 9 years as a Theravada Buddhist Bhikkhu. Lama Lodro considers Dream Yoga to be one of the most important factors in his continuing path of unfolding. More at <http://lamalodro.ca>

This Workshop is Designed for :

- 1). people who do NOT remember their dreams but want to remember and understand their dreams.
- 2). people who DO remember their dreams and want greater awareness, clarity, and enrichment of their dreams.

Helping people remember and better understand their dreams is the MOST IMPORTANT part of this workshop.

Decades of clinical studies in dozens of countries show everyone has REM dream events during normal daily sleep cycles. But for a variety of reasons, MANY adults in technologically advanced countries do not remember their dreams. Or if they do remember some dreams, they don't understand them or can't recall them with clarity.

Lama Lodro's lessons quickly start to improve dream awareness and recall. His practical advice is grounded in decades of personal experience and builds step-by-step into a solid foundation of synergistic dream enhancement that will help participants continue their personal Dream Explorations and Development after the workshop. Lama Lodro will also demonstrate the easy and fast methods he currently uses for his dream journals.

Why does it Help You to Remember Your Dreams?

In Lama Lodro's experience, achieving greater clarity in dreams is one of the most convenient and most effective ways to develop greater clarity, awareness, and insight during waking hours about yourself and can greatly help personal meditation development.

Dreams can reveal underlying forces and fears that influence waking perceptions, behaviour, attitudes, and anxieties.

Although the symbolic language of dreams might sometimes seem cryptic, the feelings within the dreams that drive the stories are usually very clear.

Bringing the information and feelings from the dreams into conscious awareness can help people liberate themselves from inner obstacles and free up mental and emotional energy that was being restricted.

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REDUCING the POWER of NIGHTMARES

Avoiding nightmares is a powerful natural instinct. Suppressing nightmares is one reason why some people can't remember their dreams.

But nightmares are actually useful because they can reveal painful and unresolved issues that are being consciously ignored or subconsciously avoided when awake.

Nightmares are also a symptom of present and on-going traumatic situations that the dreamer cannot escape during their waking hours.

Lama Lodro's personal experience with persistent nightmares started during prolonged childhood trauma. He shares the methods that helped him to first reduce the power of his nightmares and then stop them from occurring.

SUPPLIES

Lama Lodro recommends every participant use their cell phones, audio recorders, or have simple notebooks and/or blank photocopy paper ready at the beginning of the workshop to :

1. record notes and exercises for Dream Yoga and Lucid Dreaming
2. list dominant feelings and significant themes in dreams
3. draw simple sketches of important images or scenes in dreams

Note: a fast, easy, unedited -- but legible -- "first draft" process is advised for notes and drawings during the workshop.

More detailed journals and refinements are options which can be done later from the first drafts, if the participants choose to do so.

HOMEWORK

Between classes, participants are advised to experiment with Dream Development exercises during their VERY IMPORTANT homework time:

Most of the Dream Development exercises to be done between classes take approximately two minutes each and can easily fit into a regular daily schedule.

It is more productive if the exercises are done frequently between classes.

May All Beings be Free from Ill Will, Disease, and Anxiety.
May All Beings have appropriate Abundance and Access to Wisdom Teachings,
May All Beings Guide Themselves to the Bliss of Enlightenment.