



TWR LIVE Facebook Inspiring Many in Weekly Broadcasts

New Series on Dream Yoga



The latest TWR LIVE series, a two-month series on dream yoga, is being offered by Tenzin Wangyal Rinpoche June 6–August 8, 2017.

The title of the series is "Dream Yoga: Deepening Your Awareness Night and Day." The practice of dream yoga is a powerful tool of awakening, used for hundreds of years by great masters of the Tibetan traditions. It aids us in deepening awareness at all moments of life: while dreaming at night, during the dreamlike experience of the day and in the bardo experiences after death. Ultimately, dream yoga helps us to recognize the true nature of mind.

Each Tuesday throughout the series, you can [visit Rinpoche's Facebook page](#) at 1 p.m. New York time, or Eastern Daylight time U.S. (12 noon on June 20) to view either a live teaching and guided meditation, or a live conversation between Rinpoche and an invited guest on a topic related to dream yoga. Between these 30- to 40-minute Tuesday sessions, Rinpoche will offer occasional, unscheduled live sessions to elaborate on the previous session and answer viewers' questions.

[All sessions are recorded](#)
for future viewing.

Weekly topics will include:

- **June 6, 1 p.m.:** Introduction to Dream Yoga
- **June 13, 1 p.m.:** Conversation Live with Dylan Tuccillo, Jared Zeizel and Thomas Peisel, co-authors of *A Field Guide to Lucid Dreaming: Mastering the Art of Oneironautics*
- **June 20, 12 noon:** Dream Yoga Foundational Practices
- **(Date TBA):** Basics of Lucid Dreaming
- **(Date TBA):** Healing Through Lucid Dreaming
- **(Date TBA):** How to Transform Recurring Dreams
- **(Date TBA):** Dream Yoga as a Lifetime Practice

About TWR LIVE

TWR LIVE is an innovative way for you to connect with Tenzin Wangyal Rinpoche, the ancient Tibetan teachings and fellow students around the world through regular live broadcasts that can be easily viewed on Rinpoche's Facebook page. All broadcasts are free and open to all—you don't need a Facebook account to view them.

To access the viewing screen, visit Rinpoche's Facebook page at the time of the broadcast. If the screen doesn't appear right away, the broadcast may not have begun yet, so try reloading the page. If you have a Facebook account, you'll have an opportunity to submit questions and receive answers from Rinpoche—be sure to "like" his page and click "Follow" to receive a notification each time Rinpoche goes live.

[TWR LIVE schedule updates](#)

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