



Nightly Wisdom: Buddhist Inspirations for Sleeping, Dreaming, and Waking Up

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Nightly Wisdom mines a rich vein of Buddhist teachings on such topics as lucid dreaming, Tibetan "dream yoga" - the art of extending meditation into the boundless world of dreams - and relaxing into restful sleep. In addition to inspiration and encouragement, you'll find here simple practices for transforming your sleep into something that's beneficial in entirely new ways, as well as practices for greeting each morning with fresh eyes and an open heart.

Featuring poetry and prose from sources modern and ancient (including the Buddha himself), *Nightly Wisdom* is a bedside keepsake, perfect for anyone who has wants to wake up to the entirety of life or bring fresh wisdom into that third of our lives we spend in bed.

Includes inspiring nighttime reflections from:

- Shakyamuni Buddha
- The Dalai Lama
- Padmasambhava
- Eihei Dogen
- Ajahn Brahm
- Susan Murphy
- Chokyi Nyima Rinpoche
- Ezra Bayda
- Gyatrul Rinpoche
- Lama Yeshe
- Geshe Lhundub Sopa
- Serinity Young
- Kalu Rinpoche
- Robert Langan
- Barry Magid
- Venerable Yin-Shun
- Manhae
- Khenchen Thrangu Rinpoche
- B. Alan Wallace
- ... and many more!

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