

Yoga of Sleep, Dreams and Death

[Instructor]: Yes. And just imagine that you have no joints, you have no muscles. A hollow and luminous body of light. This kind of meditation helps with the dream yoga, to get used to the very illusory nature of your own body. And then visualize three empty channels inside your empty body. The blue central channel. It's blue and radiance. Hello. And the two lateral channels. Right side red, solar, hot. Left side white, lunar and cool. Before we start, inhale through both nostrils, inhale smoothly. Exhale completely. Block the left nostril. Inhale through the right side. Just draw pure energy. Rainbow colored light into the right channel all the way down to the navel. Hold the breath. Block the right nostril and exhale out all the toxicity that's held in the right channel, or any anger or aggression. Inhale through the left side. Pure radiant light comes in to the navel, cleaning the left channel. Hold the breath. Block the left side, exhale right side: toxins, confusion, lethargy. Inhale through both nostrils. This is cleaning all three central channels. You can focus on the central one, drop your fingers at the bottom, and then hold the breath, the wrists come up, exhale: desire and attachment. Block the left nostril. Inhale right. Light comes in. Hold, just draw up all the negativity. And exhale it out the left nostril; see it come out in the form of smoke. Inhale left side. Hold the breath. Exhale out the right nostril. Both hands down. Inhale through both nostrils and drop the fingertips. Exhale. Again, block the left nostril, inhale through the right side. Holding. Exhale. Inhale left. Hold the breath. Exhale right. Inhale through both. Exhale. Let's see if you can do it without me guiding. You can follow me. Try to really relax your arms. Very relaxed and flowing movements. These three poisons: anger, ignorance, desire. Consider them to be the root of all suffering and also the root of all physical illness. So they can manifest in the body as imbalances in the bile, the phlegm, and the wind. Thank you. So this breathing just keeps balancing these three humors so they don't stagnate. And then after the last one, just come back to center. Come back to that empty body meditation. Relax your breathing.

[Student]: "Boa noite" (meaning "Good night" in Portuguese).

[Instructor]: Thank you. Okay.

[Student]: I'm tired... and dream.

[Instructor]: Okay, so we do Bumper Jam in the dream. Yes. Keeping the same posture that we've had. Thank you. And breathing, inhaling slowly. Filling the "vase" below the navel. Hold the breath and then churning as we did this morning.

This starts about seven times clockwise and counterclockwise. And then shooting the breath out the nostrils, exhale. Thank you. Inhalation is slow and smooth. Fill and churn in both directions. Thank you. It's difficult. Place your hands on your belly. Try to feel that action of isolating the movement in your lower abdomen. Not too much movement of the upper body and shoulders. Remember when you exhale, not exhaling completely. Only about one third of the breath is exhaled through the nostrils. Separating the pure from the impure.

[Student]: "Grazie a te" (meaning "Thank you" in Italian).

[Instructor]: They have to turn the other... yeah, absolutely. Thank you. "Gracias" (in Spanish). We'll take off for a few along with you. Thank you. Can you move your head now? Yeah. Okay, so we'll do... Okay. Next exercises for the throat. Keep the same breathing like we did in Nei Jang. So inhale into the lower abdomen. First time just go chin to chest, slowly, and stretching your neck back. Just three to five times. Gently. Again. One more time, just front and back. Thank you. We go to the right and the left. Just turning your chin all the way over your right shoulder, stretching the neck, and then left. Three times in each direction. Thank you. "Gracias, señor" (in Spanish). Then we'll add the rotation, the real rotation clockwise. If you have a sensitive neck, you can also support your neck with your hands. Otherwise, just do slow rotations in both directions. To the right, clockwise and counterclockwise. Maybe. Mouth. So this one we didn't get to this morning. It is for the stomach and spleen. This is the last of the sense organs. So you squeeze your mouth together, purse your lips and then open very wide. As much as they can. Okay. Stand up. Exercise number 24: rubbing the entire body. Take a full breath in. Exhale. Warm your arms and inhale fully to the lower abdomen. Three times. Top of head. Back of head. Neck. Shoulders. Lower back. Legs really stretched all the way down. One leg and then switch. Three times each. Stomach and chest up and down. Ribs. Arms. Switch. "Except!" (excellent!). Thank you! "Tchau" (meaning "Bye" in Portuguese). *laughter*.

[Dr Nida]: Notes. Yeah. Buddha Amitabha, what color? Red color. I'm sure. Stronger, Chen, stronger. No, no. Oh, wow. "Obrigado" (meaning "Thank you" in Portuguese). Sanskrit "Ah", or "Língua" (meaning "Language" in Portuguese). Say this. Yes. Latin is R, right? R-V-G-D. That's I. You know how to write A, right? "È ben subito" (meaning "It's immediate" in Italian). I'm sure when I said Tibetan art, you thought, "Oh, how to write Tibetan art?". So it's the same thing. Angle and, how do you call it, two lines like this and from the middle right. Can you imagine? Red. Ah. Where "Ah"... and then that light, the light each time when you say "Ah", imagine it radiates. The line. Okay. So what happens with the light first? This light fills your entire body. Your entire body is filled with red light. Okay. And then later this light is coming out, what happens? I guided you already. What happens on the

freedom? Before you offer to the other Buddhas. Again, red light like the rising sun radiates from the Guru's body—it means from here, from the syllable. Eliminating all bad karmas, provocations from your body; it means it does the healing, okay? If you have any discomfort or if you think you have health issues and so on, this red light eliminates everything. Even if you think, "Oh, I have a bad karma and I have bad this and that". Everything eliminates, so that's why you should not feel bad or guilt or just negative things, okay? And even if you think if you have a provocation, it means you're affected by something like magic and negative spirits and so on. Once you do this "Ah", everything eliminates. You understand? So don't believe in black magics, don't believe in other people's energy attack. Don't believe in the attack of other people's bad thoughts or cursing and all these things. Even if you believe, now you have to believe in "Ah", and the "Ah" burns out everything, eliminates everything. So then your body fills with the red light. Your body is filled with red lights. Okay, that's important. So when you imagine that you are sleeping, you're imagining the red light and the "Ah", and then mentally you can say "Ah", mentally, okay? If you are sleeping alone, you can say "Ah" verbally. If you're sleeping with your partner, if you say "Ah!", your partner will call the... Thank you, Trish. And so then, imagine your body is filled with light, okay? Do you know why you have to imagine like that? "Kerana kami percaya pada badan ini" (meaning "Because we believe in this body" in Indonesian). And this body is a physical body. Okay. And our mind is stuck with this body. "Oh, this body has a health issue" and then our mind is suffering for the body. "Oh, this body is old. I don't want to get old. Oh, this body is sick". "Oh, this body is this. Oh, this body was tortured. This body has trauma". You understand? This body has so many things inside. And so when your mind thinks this body is already a trouble, if you imagine this body transformed into the light, okay, and that's our original nature of our body, the Vajra body. It's a matter of life. Right? And then it's okay, you're free from anything. Yes, free from traumas, physical traumas you're free from, seeking the answer, you know, freedom from the worries, and you are free from aging. Right? You're free. You are made of light and you are full of light and you enjoy with these light particles. Right, do you understand? So we, you know, our mind, how it thinks about our body, it's already different. Again, that's very important. In many cases, your mind is unhappy with your body. That's why your mind keeps saying, "Oh, if I have a new nose, if I had a different face, if I had a different age". You know, it's always imagining, craving to have something which is not yourself, right? Okay, so that's called self-transformation. We have to transform ourselves. And I think our problem is why we don't believe in ourselves, because we get stuck with our physical body. And it's true, our physical body has a limitation. And that limitation is becoming a problem for our mind. Right. The interesting thing is body has a limitation, but mind has no limitation. Right? Even if somebody says, "Don't think bad things", you go "Oh, yeah", and then you think all bad things, right? Physically, if somebody says, "Don't do bad things", we can't do bad things; they can see, right? And then... that's why our mind has this really complete freedom. Our mind is completely free. Our mind is

beyond law, our mind is beyond logic, our mind is beyond all these other systems and logics and all these things, right? But our body has a limitation. But the thing is then somehow our mind paralyzes in the body. You understand? But in reality, are we only the body or are we the mind? Yes. Which one is important? The body is important or mind is important? Which one is making the decision to say "I'm a happy person"? Is that your mind or your body? And so what you are looking for in your life is happiness. And who is really experiencing that happiness is the mind. "Wir werden es senden" (meaning "We will send it" in German). There's no questions yet. Don't hijack, I have to focus here. Let me finish later, I'll give you time for questions and answers. You see in the West, or in modern times, we always keep looking for physical comfort. Right. Physically we want to have better clothes, better cars, and better house or better sleeping bag or whatever, better shoes. We are searching for physical comfort. And actually, we have a good condition, we can choose physical good comfort, right? And physical good comfort, especially for the ladies... that's why so many ladies are addicted to shopping.

[Student]: I'm not a lady.

[Dr Nida]: You're not a lady. You're addicted to men. No, that's a joke. That's a good joke. Okay. So you see, you want to shop, shop, shop, buying, buying, buying, and getting, getting, and we try to get something enough for physical level of comfort, right? But the thing is, you guys must know about shopping, you know, the theory of shopping. Once you start to shopping, it never ends. Oh, yeah. And then if you're happy with the shopping? No, because you need to shop more. Something like that. Yeah, maybe shopping is not a good example. Is it a good example? Oh, really? Okay. Not only women shop, though. Yeah, I was going to say. Okay, that's the point. Everyone is shopping. So we try to find some physical comfort, but at the end your mind is not so satisfied or not enough content. That's right. So in the past, maybe in ancient times, people, they knew that they couldn't search only for physical comfort, and then they tried to find this comfort inside. Inner comfort. So that's why I think that's how meditation and yoga started. You know, you want to get things externally, physically, materially, you don't get it. But still, you are not giving up on it, right? And still there's a hope, so we can go to inner dimension, the inner world, and there we can get something that we want. You understand? Of course, in our case, it's important to balance between these two: the external world and the internal world. You know, that's called the "middle way". This and also spiritually today we cannot say we go only to the inner world and we want to have only inner happiness and so on. Somehow, body and mind coexist. We try to find a balance between body and mind, that's important. Okay. So anyway, the reason why we imagine our body is light... I told you one is "Meidän mielestä on nyt iloisia, että he sanovat, että nyt meillä on periaatteellinen kokoomus" (meaning "Our minds are so happy that they say that now we have an

assembly of principles" in Finnish). It's becoming light, it means you can do your plastic surgeries. Your nose a little bit bigger or smaller, less wrinkled... this light body has no wrinkles, right? Did you know that? Rainbow body has no wrinkles. So no aging. Do you understand? No sickness. We are beyond all these things. So that's why your mind starts to relax. "Okay, now my body is beyond time, beyond age, beyond problems, beyond pain, beyond suffering". And then, I am alive. My body is light. Reason number one. Reason number two is interesting. Once you become light, then what happens? Then you can be anything. You are transformable. We get stuck with our bones and muscles and blood vessels, blood and organs and skin, all this. We get stuck in these things. We try to transform it. It's difficult. We can gain weight and lose weight and this and that, so we cannot control our body so much. Right. We want to transform ourselves, but physically we cannot transform so much. It has a limitation. But if you imagine if your body becomes a light body, is there a limitation? No. Right, it's like a laser body. You can be a human, you can be a tree, a bird, a dog, a tiger, a bear, a flower. It can be a rock. It can be a river. Right. You understand? You see, it's really interesting. So somehow, if our mind, or let's say our brain, really believes that our nature is light, then the brain starts to relax. And then the brain or our mind feels complete freedom. You can be anything. You want to disappear, you can disappear. You want to appear, you can appear. You are the magician. So that's why we have to imagine our body here, it says your body filled with a red light. Self-transformation. Dream yoga is not stopping only in self-transformation, but it then expands beyond it. So it means the light is coming out and this light is so powerful. This light transforms everything becoming light. Okay. When my "Ah" is coming so strong, all you guys are becoming "Ah". It means red light. And then it covers the whole space, this place, and the whole our planet is becoming light. Okay, you understand? So now subject and object, both are light. And now, even for controlling the external world, we are free because they're just light, we can just play around. Everything is projected with light. If you want to modify anything, change anything, you can change it. I see a person, I can transform them into a dog. Then I see a dog, I can transform it into a tree. Then I see a tree, I can transform it into a flower. A flower into an elephant. Can you do that mentally? Okay, just look at me. Imagine there's a flower here. Any flower is okay. Now imagine the flower is becoming a snake. Now imagine the snake is becoming a tree. Now imagine that tree becomes a flower. Now imagine the flower is becoming a rock. And then it's a cat, then it's a dog. Okay. You see, that's called free flow. Your mind is not judging. "How the flower can become a stone? How the stone can become a stone?". Once you ask a question, that's the problem. Once you say how, why, once you ask a question, that's the obstacle. It's called the blockage. Is it possible you're blocked? "Te voy a enseñar" (in Spanish, meaning "I am going to teach you"). It's our human logic. We can say it's a reality. But here our question is, in the dream, stone can be a snake, snake can be a stone. Do you understand? So you see, that's why in the dream we have to use this inner freedom; our inner

freedom comes from inner flexibility. Once everything is flexible, then you really feel the freedom. You understand? So it's really powerful. Dream yoga brings you inner freedom. Okay. At the end, that freedom is the most powerful freedom. Otherwise physically we are free, we are running, but our mind is still imprisoned, you know. Our mind is unhappy, discontent or unsatisfied or somewhere in a box or blocked. Right. So the opposite: let's say you stay in a prison, locked in a room. But your mind has so much freedom. Then nobody can prison your mind besides yourself. Okay. That's all about dream yoga. That's why really dream yoga brings this amazing, great inner freedom. And that's why in dream yoga, we can experience our own mental potential. Our mind has an infinite space, infinite time, infinite potential. And the dream is the chance. Dream is the best chance for all of us. Just think of any kind of your dream, okay? I'm not saying bad dreams or good dreams, any kind of dreams. You imagine you saw a mountain, a car, people... at that moment, who is seeing all those things? You are seeing all these things, right? You saw a huge building, beautiful building. Who designed that building? Who is the architect? Who is the artist? You saw the most beautiful, amazing nature: trees, flowers, birds, animals... all together, right? Who created that perfection? It's your consciousness. It's all you. You understand? And that's called potential. And once you wake up from that dream, if someone asks you to draw a tree, you don't know how to draw a tree. You think you are stupid. You don't know how to draw a tree, even a simple flower with a few petals, right? You see, you are blocked, you are frozen. And you are a bad artist, you're a bad painter. And then which one is the right one—this physical one that doesn't know how to draw a little flower, or the one in the dream which just created an amazing flower garden with butterflies and birds? Dream is the direct experience of our inner potential. Otherwise, who put it there? And in the dream you see there's light. Who's lighting your dream? Who's putting the light? Who's bringing electricity in your dream? Who is bringing the sun and the moon in your dream? Right? If there's no light, we can't see anything. And the dream is very visual, we know there's always light. Where this light is coming from? Where are the sounds coming from? Those beautiful musics... Do you dream sometimes Pavarotti is singing in your dream? Do you think it's just a memory? I don't think so. It's just your mind. Your mind has singing capacity exactly like Pavarotti, maybe even better. Do you hear birds? The same way you hear disturbing noises, who is creating all these things? We create them. Okay, that's why our mind has really this infinite potential. But then there's a question: this infinite potential can be constructive, but can be destructive. Our mind has an infinite potential that can become a demonic force. Destroying everything. Or that is the Buddha mind, awake with love and compassion. You understand? So that's why for all of us, it's dangerous when you don't know how to use our mind, okay? That's why yoga says: before you enter in dream yoga, take refuge in Buddha, Dharma, and Sangha. And then we try to go in the right direction. Highly trained meditators, yogis, monks, can be dangerous too if they don't understand the nature of unconditional love and compassion. They can be destructive because they

realize the infinite power of mind and they can misuse it. That's why I like this Christian story: the powerful demons, they are the fallen angels, right? This is exactly the same as what happened in our mind. This is human psychology. We try to do something good, we push ourselves, and then there's a limitation, that breaks down and we turn to the other side. Demon is ourselves and Buddha is ourselves. Angel is ourselves and the demon is ourselves. Right, so this is the reason when we practice these Six Yogas, it's really important to cultivate loving-kindness. We should not lose the basic humanness. That humanness means goodness, and goodness is love and compassion. Okay. All right, so beyond it, the light, everything is becoming light and then we can change and we can transform, and all the space becomes a Pure Land. All land becoming Pure Land means everything has become light, a matter of light. And all sentient beings become dakas and dakinis, meaning all in the light, enlightened. And the light offered to all Buddhas and Bodhisattvas. Once everything is becoming light, even Buddhas are light, but if you offer the light to Buddhas then you receive more blessings. It means you are more empowered, then your practice is becoming stronger. And the light returns to the Guru's heart and the "Ah" becomes very radiant and colorful. A colorful "Ah", focus your mind on this, and concentrate on it as if you are threading a needle. The hole of the needle is this red "Ah". You know your nature is light. You know the nature of the whole universe is light. Everything is light. And then the light is coming back and focus here, and here you should fall asleep. If you fall asleep thinking of this red "Ah", what happens? Just before you fall asleep, remind yourself 21 times verbally or mentally: "I want to catch my dream". You have to say, "I want to be lucid". "Não sinto, não sinto, não sinto" (meaning "I don't feel" in Portuguese). Catching the dream. If you fall asleep mindfully, you will be able to catch the dream, that is, you will have a lucid dream. When you become lucid, you will say, "Oh, I'm dreaming!". Or you will say, "This is my dream". It comes automatically. If you cannot catch it, why? It's because of weak devotion and karma. It means the logic, your logic of belief is too much. You believe so much in a system that you are "terrible". You believe so much that you are so stupid you cannot do dream yoga practice. If you believe something is wrong with yourself, that you are the poor one, the weak one, the sick one, the old one... that's called dense karma. Self-blaming is called dense karma. Stinky karma. How you want to transform your karma? Relax your head. Relax. When you relax your head, karma is relaxed and then everything will change. Dense karma is really a psychosomatic problem. You are so much believing that you have a physical problem and that's why you have a symptom. You take the pills, you get injections, even operation and you still have the symptoms. You think you have pain in your testicles and then you went for surgery. They remove everything just to make sure you are okay, but still you feel pain in your testicles. Does that sound funny? That's exactly what we do. That's called dense karma. It's a really stupid belief. "Stop hoping, stop hoping" (in Urdu/Punjabi - approximation). It's really like psychosomatic physics. You understand? And lack of desire... you need a little bit of excitement. "Yes, dream yoga, this is cool, I can

do this, I can save time, sleep and dream together". Finally a meditation I can lie down. All the other meditations said, "Sit and don't move". Too many rules. Our aim is to break up the rules and then with meditation more rules are coming up. You must have this courage. "Yes, I can do this, I love yoga, I love dreams". Bit of effort. Be more mindful, pray more from your inner heart to Yuthok. When you really think you can do it, don't give up. You can pray to Medicine Buddha. "Medicine Buddha, please help" or "Yuthok, please help me". That's your prayer. We have a prayer to Yuthok on page 19. "Je crois pas que mon goût d'obtente soit..." (meaning "I don't think my taste for obtaining is..." in French). "To the secret union of all Buddhas of three times, to the Guru Yuthok, the King of Medicine, I pray from depths of my heart and bone. Bless me through your body, speech, and mind. Guarantee me that supreme and common siddhi". Dream yoga blessing is the supreme siddhi. Understand? Or you can make your own prayer. Just say, "Yuthok, I'm almost hopeless, please inspire me". The best prayer is the one that comes from your own heart with your own words. You don't need to say many things, just say, "Yuthok, please help me", "Please guide me, I really want to do dream yoga, I want to have the lucid dream". And be mindful. If still you cannot catch the dream after repeating this visualization of Guru at the throat for a while... normally at least you have to do that for one month. Visualize the Guru in your head another month. If that is not working, visualize your Guru in the heart another month. One, two, three months... still not working, don't give up: into the navel chakra, fourth month. Still not working: into the base chakra, fifth month of practice. But don't jump around. Don't say, "I did two times in the throat and nothing happened". Fix one month for each chakra. For most of us, the throat is easy, but for some people the head is easy. Tomorrow you will receive the empowerment and then you will know also the chakras, what colors and lights and so on. If you wake up after you have caught the dream, do not open your eyes. Keep them closed and remain mindful and relaxed. Don't pressure yourself. The dream might continue and then you are lucid and then you can do more things. In this manner you will overcome the problems of not catching the dream or waking up. Opening the eyes is distracting. All right, page number 9. There are five chakras according to the Tibetan system. Some tantras talk about six, others about four... don't worry about the numbers. Chakra number one is the head chakra (activated during orgasm). Chakra two is the throat (activated during dreams). Heart chakra is number three (activated during deep sleep). And the navel chakra is activated during waking state. Are you awake now? Yes, that means your consciousness is in the navel chakra. Medically it makes sense because in our small intestine area we have lots of nerves. That's why Western medicine says the belly is our second brain. And I think most of our deep feelings and emotions are connected here when we are awake, understand? The most famous example is the butterfly sensation. When you were in love... long ago, I know all your butterflies are dead already... But in the dream you can have tons of butterflies. You see the feeling of butterflies here, right? And the feeling of love is so deep. There is no logic anymore. It's becoming like dream yoga. And you feel

the sensation, the butterflies... "I don't need to eat, I don't need to drink"... but some butterflies can cause diarrhea. "Love purging", it's called. It's a good thing. Beginning of your love story you poo more, you pee more. End of love story, everything's blocked. Then you have to go to a cardiologist for heart surgery. Anyway, that's called love, right? So, navel chakra: waking state. When we fall asleep, our subconsciousness is active here and there, and when we start the dream it is acting here (throat). And the last one, the head one, during orgasm. I hope you know what orgasm is and that you have experienced it. Page number 10: Transforming the dream. Did you know that the dream orgasm is stronger than real orgasm? Many ladies, especially... because the dream partners are not the real men, right? All right, transforming the dream: purification, multiplication and transformation. Once you have a stable base of catching the dreams, let's say once a week... You have to train yourself. At least once a week. But sometimes in one night we can have so many dreams and you can catch all of them. My experience is one night I caught eight. But sometimes one long dream. If in one lifetime you can catch 30 times (3-0), then you can be lucid in Bardo, afterlife. You don't need to worry what happens after your death. You will say, "Oh, I'm dead! I'm in Bardo". And then you can choose your destination. You want to come back as a human? A pig? Whatever you want. Or you say, "I'm tired of any form of life. Samsara... I want to go for a good holiday". Vayamos to the Pure Land. In your tradition, that's called Heaven. Heaven exists, don't doubt it. You know where it exists? It exists in your dream. All right. So, purification, multiplication and transformation. You will then be able to catch them at will and your dream recognition becomes a stable experience. And then you can say, "I am a yogi (or yogini) of dream yoga". If you're really good with dream yoga, you'll be good with any kind of other yogas. Because in the dream you can learn any yoga: Hatha Yoga... you can choose the best guru. Babaji. In the dream you say, "Babaji! I need to learn Hatha Yoga". You can call Shiva, Krishna, Buddha. Tibetan masters are not just teaching dream yoga; that's all what we need. We can save time, have fun, and experience inner freedom. We all know what a dream is. We don't know what emptiness is, but we know what a dream is. Right. So, during the daytime meditation, imagine that you are in the dream. Imagine there is a dream fire that does not burn you. Dream water does not flood you. A dream cliff that you never fall off. Do this same meditation with wild animals and evil spirits. Dream animals cannot attack you. Do this practice constantly so that you will be able to do the same in the dream. When you catch the dream, you can do everything you did in the daytime exercises. For example, if you imagine an animal attacking you during the daytime and you strongly think: "This is a dream animal which cannot attack me", nothing can harm you. In this manner, think of whatever you see during the daytime as a dream. And in the dream, believe that you can do anything. Can you say that? "I can do anything". No, stronger. "I can do anything!". Imagine water transform into fire and fire into water. Breaking down the logic. You can change objects at will and multiply things 100 or 1000 times. Normally you see one "you" in the dream, but here you can transform yourself into ten. You can copy

yourself 100 or 1000 times. If you see sentient beings, imagine they are your deities and multiply them. You see somebody and say, "Medicine Buddha", and they become Medicine Buddha. This is called multiplication. Breaking down the logics. Our mind is convinced we are one person, we cannot clone ourselves. Dream yoga says you can. In real life we are stuck with "one", but in the dream it can become infinite. Transformation and multiplication. If you encounter a demon in the dream or a negative feeling, visualize the opposite, the opponent. For a Jalpo spirit, visualize yourself as Hayagriva. For Nagas, visualize Nagaraja. Nagas normally manifest as snakes. When you dream of snakes, spiders, scorpions, frogs... don't get scared. Visualize yourself as Nagaraksha, someone much stronger. Or simply say, "You are my dream", and the snake is already like a plastic snake. The moment you know it's a dream, everything is so relaxing. "Oh, it's my dream!". And the snake is a plastic snake made in your mind. Our mind factory is much stronger than Chinese factories, and the quality is much worse. The moment you say "it's my dream", they will just disappear. The same if you encounter a dog, you visualize yourself as a wolf, or a lion for a tiger. Always visualize a stronger animal conquering the previous one. Who controls whom? Someone else conquers your dream or you conquer your dream? It's your world. You are the king, the queen. You are the god, the goddess, why you don't conquer it? Why you run like a slave? Why you torture yourself? Why you are sick or old in your dream? Or lost? Even the ones who already passed away, family members, friends... if you want, you can see them. We think once they are passed away, they are lost forever, but that's stupidity. You go to visit them or ask them to come, you can talk. You can sit and talk with them. It's not just an illusion, it's real. As I said, dream orgasm is a real physical orgasm. In the dream you meet this person and talk... it's real, it's the other dimension. The dimension of our mind and consciousness. At the end, we are the holder of space and time. I like what someone said: when we are children, we see the world as our toy. But once we grow up, we are the toys of the world. With dream yoga, the whole world becomes our toy again. Just play with the toys and be happy. That's Dream Yoga. All right, do we have some time for sleep? 29 minutes. My God. "Gracias" (in Spanish). Let's go to the other side. If you need to pee, please pee in your room. In the dream you can go anywhere, yeah? No, not ahead. Thank you.