

Namaste! Hello! So I'm trying to talk about the Tibetan dream and the lucid dream. So in our tradition, I am actually a Tibetan Lama and I grew up in India at the refugee way, then during my life, I studied the Tibetan Bön tradition. Bön is the indigenous culture and indigenous tradition of the Tibet before the Buddhism came into Tibet from India during the seventh century before the seventh century all the Tibet is the Bön tradition and I'm the belonging and the follower of the Bön tradition.

So in the Bön tradition we have one teaching that is the sutra teaching and one is the tantric teaching and one is the great dzogchen teaching. And this dream technique we get mostly from the tantric teaching and it is also related with the great perfect which is the dzogchen study. Dream is about coming from your own experience that come from the past life or in the present life. Most of the dream has divided into the karmic dream and the one is the wisdom dream. So karmic dreams we always know that every single day we are having something, every night when you are sleeping you have dreams, those are the karmic dream.

Wisdom dream sometimes happens in the daytime, even if you are not sleeping and you will feel something that you are not in the real life but you are falling in a kind of dreaming that you are totally into a different place and you have such a feeling and such an experience, that is beyond the present of your own life experience. So those are actually also made from yourself.

We very much believe in our tradition that also the wisdom dream must not become necessarily the dream that you are asleep. Dream can be while your alive, while you are awake and not sleeping and also in the sleeping time. So most of the lucid dream happens while you are dreaming about the life without any sleep also in the sleep.

That in the dream you will see so many different people, you will travel into the night space or you also have a different kind of experience that you may feel that you have done in the past time or you have done, or met this person sometimes but you never remember and you have no idea where you met those people and where you have done these things. Those are the lucid dreams and at the moment when you are feeling you are totally traveling into your journey of what you see and what you are feeling and those are the most coming from the north, it is coming from your own wisdom.

And what is the wisdom we talk about, it is mostly your own consciousness and your own experience of the five elements into your body: earth, fire, water, air and space. Those when we are training into our body sometimes fire can be in touch with our consciousness, sometimes wind will be stronger with the consciousness, sometimes earth will be stronger with the consciousness each elements when they are strong connecting with your consciousness, then you are feeling a different kind of dream.

So special on the lucid dream are those five consciousness when strong with that consciousness then sometimes you have your own experience and a very strong awareness and it is a beyond that of your own principle mind. We call this the principle mind which is always running, running. That running mind is the normally mind we call it the conscious or principle mind but sometimes it is very busy, most time that mind is so busy and is always running. In the teaching in the textbook and special in the dzogchen teaching we call that monkey mind. So it is always running, but how we can get a little training to that mind to be stable? For that training in the tantric system the lucid dream is the best way to control or stabilize your mind.

How you can get into the lucid dream? We already talked about the five element and consciousness. Within that sometimes in our teaching we have RA, LA, SHA and SA, four words. Before you go back or you want to do meditation just reset your body and the position of the meditation or relaxing, just relax on the nice sofa and try to find out to your mind.

Within you are trying to find out to your mind, maybe once you're looking into your mind within a minute you may feel something different than your own busy mind. That is the sense of what we actually call in dzogchen tradition self liberation or sometimes we call it the Buddha or sometimes we say Buddhahood. Buddhahood is nothing outside, we are not looking for outside, we are always training our mind that mind is within us, mind is the Buddhahood mind is our Mantra, mind is our teacher.

Unless we don't train our mind we will never get into Buddhahood. If we train our mind then mind will be out of the monkey exercise, then that mind is very stable, once our mind is very stable then you have a little sense of how you can train it to the lucid mind.

Once the mind is stable, little stay, little stay so you are checking with yourself if mind is out of my body or mind is still with me, so if once you have a little feeling that mind is really now with me, then you can look into your own experience of behind from your five elements, there increasing in your experience into your body, into your life. Within that experience when you look into then you will feel so many different experiences of maybe hundred years back or maybe just our last life. We also believe that you are reincarnating, reincarnating.

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Once you've gone from this life you'll be on any other place, you'll be back again somewhere in the six realms, maybe in the animals, maybe in the women, somewhere you will be reborn. So that kind of experience you will become, that is the one experience. The main point is here, how we can mix and combine our real daily life experience with the lucid dream, that is the main point: we have always separation of our dream and our own reality experience.

In our tradition we are always trying to combine lucid dream or the dream or our real experience and it is a path, it is a journey of how we can get into our peace mind, so that rah, la, sha, sa, can help you how to bring your own mind within you, then that can increase your lucid dream into your real life.

That is our very short system about the lucid dream and how to get into the lucid dream and once you have a lucid dream then you will feel such a different "danda"* what is the karmic dream. Karmic dream is always the negative side but lucid dream is always wisdom and lucid dream can bring you more peace, more happiness into your life. If you pass more time with your lucid dream, lucid dream is wisdom, lucid dream is like a medicine that always brings you more happiness, more joy that can releasing you all the stress.

We are born as Buddhists and trying to lose or release all our stress and fears, the lucid dream is the one point of how to release and how to gain our wisdom. That is that what I want to share with you and thank you so much for everyone coming.

Chongtul Rinpoche

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This talk was given at a local TEDx event, produced independently of the TED Conferences. By walking the line between the dream world and the waking world, we can train to access more of our own wisdom and our own consciousness. In this discussion, we learn about his mode of spirituality.

Chongtul Rinpoche is a reincarnated Tibetan lama who grew up in India and studied philosophy for over 20 years. He was the director of a Bön monastery in India and now resides in America and gives various courses in Tibetan philosophy. In the US he founded a Bön educational fund that provides education and training for students of Tibetan philosophy around the world as well as for over 400 Tibetan orphan children living in India and Nepal. Bön is the indigenous religion of Tibet.

*In yogic tradition the "danda" is perceived as a reflection of the central energy channel, a symbol of present-moment rootedness and serves as the pivotal axis which grounds one's practice in guardianship; the penetrating quality of alertness that neutralizes all distraction.