

Yogas of Dream, Sleep & Death

Retreat with Tantrācārya Dharma Bodhi

May 16-19th 2024

**free satsang May 15th*

Prague, Czech Republic

A Retreat on the Great Matter

IKIGAI PRAHA – Center for Complete Self-Cultivation

Osadní 774/35 Praha-7 Holešovice

ikigaipraha@gmail.com

www.ikigaipraha.com



Yogas of Dream, Sleep & Death

RETREAT WITH TANTRĀCĀRYA DHARMA BODHI
MAY 16-19TH 2024

Dream & Sleep Yogas

Dream and Sleep Yogas are a little known and rarely taught category of teachings and practices. This cycle of teachings explains the relationship between the states of dream, sleep, waking and full enlightenment.

Dream and Sleep Yoga are very different practices than the modern practice of “lucid dreaming”, and they yield a very different result – liberation or enlightenment. It is often said in the non-dual meditation and yoga traditions that in order for you to attain irreversible realization, you must be fully realized in the dream and sleep states as well as in the waking state. This means to have completely pierced the limitations of the mind of the dreaming and sleeping states, and thereby abide in your true nature.

Applying the practices of dream and sleep yoga feeds your formal seated practice and your state of integration in normal life circumstances, making both of them deeper and more stable. Oddly enough, dream and sleep yogas clarify your waking state in a way that is very difficult to attain without practicing them. Conversely, your practices performed in the waking state should deepen your abilities in the methods of dream and sleep. The clarity and presence developed in dream and sleep yoga empowers your practice of meditation. Therefore, the practices of dream yoga and meditation are two sides of the same coin that reify the results of both practices.

The after-death states are quite dream-like in many ways. The more proficient you are in dream yoga, the more comfort, ease and mastery you will have in your death process when it comes. It would be incomplete to discuss the death & dying Teachings without the view and practice of dream and sleep yoga.

TOPICS COVERED:

- Dream Yoga Mantra Initiation
- Step-by-step instruction in the Outer & Inner practices of:
 - Dream Yoga
 - Sleep Yoga of Clear Light
- Text references to the practices and their desired results.
- Clarifying the various categories of dreams to understand their significance in your spiritual practice and overall trajectory.
- Clarifying significant dream symbology as a system of feedback from your inner psyche on the process of Kundalini awakening and expansion.
- How Dream & Sleep Yogas can be used to enter the Parallel Universes we simultaneously occupy, in order to resolve the karmas that maintain our various samsara based incarnations in all realms.

Death Yogas

Death is considered to be the most important and pivotal experience in a yogin's life. At death, it is possible to permanently recognize your True Nature or svasvabhava, and become liberated, even if you were not able to free yourself from samsara during your lifetime.

After receiving the proper knowledge and being instructed in the practices of dream, sleep and death yogas, you will be able to successfully guide yourself through the process of death into full enlightenment or re-birth into an exalted state from which you can more readily attain full realization after some practice in that divine realm.

This technology was transmitted by the Mahāsiddhas, great female and male yogins, who journeyed beyond death and back in order to offer us ordinary beings a way out of the endless cycle of birth – death – and re-birth. This teaching is extraordinarily profound and is said to be the most valuable of all. The beauty of the dying process and the moment of death itself is that it provides a unique “portal” wherein you have a once in a lifetime opportunity to jump beyond your mind and its constant production of limiting karma that obscures your true nature.

The ancient teachings on death and dying give you the tools and understanding to successfully navigate the dying process and the after death states. By applying the death practices in your daily spiritual routine and invoking their effect at the moment of death, you will increase your opportunity to attain full realization in this lifetime. We call it “Spiritual Life Insurance”, everyone should have it.

TOPICS COVERED:

- Muñcara (skt.) or Phowa (tib.) practice, in which you will learn the yogic way to eject your consciousness from the body at the moment of death into sublime realms for realization, thus avoiding rebirth into a lower realm of existence and suffering.
- Transmission of the Brhadaranyaka Upanisad chant performed as meditation on death and impermanence, as well as for benefitting those who are dying.
- Transmission of the Mahāmṛtyunjaya and its three “bija” or seed syllables, and how to use it for cultivating non-attachment and how to dedicate it for the benefit of those who have just died and are transiting the after-death states.
- Clear explanation of the process of the dissolution of the 5 elements during the various types of death one may encounter, and how to usefully assist the dissolution process, instead of impede it.
- Explanations of the different types of “deaths” attainable through practicing non-dual Dharma.
- Clear teachings differentiating the destinations reached by the being after death, based on the type of life lived and practices mastered.
- Teachings on the nature of the “self”, and what it is that dies and is reborn.
- Explanation of the daily rituals one practices for their own cultivation of death yoga, and a clear explanation of the ritual, chanting, prayers, mantra and visualization performed for someone who has recently died.
- Explanations of how the death and liberation process is affected by psychedelic drug use (psilocybin, DMT/Ayahuasca, LSD, MDMA/Ecstasy), marijuana and alcohol use, as well as painkilling drugs for cancers, etc.

Retreat Schedule

9am – 12pm
View Teachings & Meditation Practice

12pm – 2pm
Lunch break

2pm – 5pm
View Teachings & Meditation Practice

**training fee:
450,- Euro**

Fee includes:

- All necessary retreat material & teacher's fee
- Tea, coffee and snacks at breaks

Fee does not include:

- Airfare, accommodations, meals

About Tantrācārya Dharma Bodhi



Dharma Bodhi (Kol Martens) began practicing yoga at age seven, and in his teens moved into practices of Chan Buddhism and Daoism. He then went on to study non-dual Śaivite yoga and completed Ācārya training in 1996 under his nondual Śaiva Guru with an emphasis in Kundalinī Haṭha Yoga. Since that time, he has been studying and practicing Tibetan Dzogchen meditation and yoga. Settled in Maine (US), Dharma Bodhi and his wife Sahaja Dakini dedicate their time to raising their family, personal practice and teaching the Oral-Practice Tradition of the Mahāsiddhas to small groups of students. For Dharma Bodhi's full bio click [here](http://www.trikapath.com).
www.trikapath.com

Location

Prague, a city steeped in enchantment and rich history, captivates visitors with its timeless charm. Cobbled streets whisper tales of history in the Old Town, while the iconic Charles Bridge and Prague Castle stand as symbols of architectural grandeur. Amidst charming cafés and vibrant squares, Prague unveils a symphony of art and Bohemian spirit, creating an unforgettable experience in a city where every corner resonates with captivating allure.

The retreat takes place at [IKIGAI Praha - Center for Complete Self-Cultivation](#), a true urban retreat place with a zen garden and a calming minimalistic atmosphere.

While being close to the beautiful old city center of Prague, the center itself is nicely secluded from the city's bustling activities. A wide variety of restaurants, cafés and options for accommodation in the surrounding neighborhood provide you with all necessities for your stay.



Accommodation and other logistics

Holešovice, the part of Prague in which our retreat center is located, offers a big selection of accommodation options. We recommend the hotel [Colorfactory](#), which is in walking distance to the center and which has affordable rooms in a pleasant ambience. There are many options to buy food, restaurants, pubs and cafés in walking distance.

The currency is the Czech Crown (Kč). Today, almost all shops accept debit and credit cards, so that cash is not really needed anymore. Euros are sometimes also accepted but always with a bad exchange rate.

English is well-accepted in most shops and restaurants.

Spots are limited. Registration [here](#).

ikigaipraha@gmail.com, www.ikigaipraha.com