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In this document we have summarised all the important contents of the first part of the free introductory seminar.

We are looking forward to you joining us and embarking on this exciting journey to your dreams.

Have fun and be inspired!

Shortly about Andrew Holecek....

Andrew Holecek has been travelling the psychological-spiritual path for over 52 years. Among these, the nocturnal meditations have been the most impressive areas for him so far. Among other things, Andrew spent three years in a Buddhist meditation retreat where he learned dozens of meditation techniques.

Are there different nocturnal meditations?

Yes, indeed! Andrew will introduce you to all 5 nocturnal meditations in this course. The focus is of course on Lucid Dreaming and Dream Yoga, in which we will....

- **...immerse ourselves in the threshold between waking and sleeping states...**
- **...play with our dreams in lucid dreaming and experience how we can literally create our own dream world.**
- **...learn what exactly Andrew means by the "Night School Curriculum" and why the techniques it contains - Sleep Yoga and Bardo Yoga - are even more advanced and subtle.**

Before Andrew Holecek started using this practice, he didn't know that he was sitting on a huge natural resource - his mind, and especially the unconscious mind! You will learn how to use this resource in this course.

Lucid dreaming leads to lucid living.

In short, this means that everything you do at night with your night consciousness has an immediate effect on your waking consciousness. You bring all the insights you make at night into the day.

Lucid dreams are also called metacognitive dreams.

Metacognition here means being aware of "being aware". If we have a lucid dream, we are aware that we are dreaming.

Just imagine the multitude of possibilities this opens up for you in your dreams and therefore for your life in daytime activity!

Lucid dreaming is a magical instance.

You are in a night dream and something makes you aware that you are dreaming.

How exactly you apply the different types of trigger points to get into this realm, Andrew will explain to you in great detail and simplicity in this course.

It is the realm where you become the writer, the director, the producer and the main actor in the production of your own mind.

It is so much fun to just do what you want in your dreams and let the wildest fantasies come true in the sanctuary of your own mind.

So in lucid dreaming you can create whatever you imagine and go into action with it!

Would you like to learn a language?

Or a musical instrument?

You want to conquer your fears?

...Or rehearse your next performance in front of a large audience?

Andrew Holecek has had many experiences with lucid dreaming himself and shares the following from the practices:

"In lucid dreaming I have the opportunity to improve my piano playing skills. For example, I create a Steinway grand piano in my dream, sit down at it and play a Beethoven sonata just as clearly as when I am awake."

He also often practices his lectures in the dream state when he is a lecturer, as here, passing on his knowledge.

Everything you can do in the waking state, you can also do in the dream life!

Because: The brain cannot tell the difference between what you perceive directly, what you visualise or what you dream.

What you do in dreams is neurologically equivalent to what you actually, practically do in waking life.

Our dreams are composed of the mind, of the spirit. If you work with the mind and change your dreams, you can also change your mind. For example, you can change habits, you can practise and repeat things.

What you do with your mind, with your spirit, changes your life.

How permanent is this transformative change?

Andrew is speaking from his own experience here again - there are also what are called hyperlucid dreams. Wonderful, rare experiences until we practice dream yoga regularly. Hyperlucid dreams are even more real - you wake up from a hyperlucid dream and the waking reality appears as

a foggy dream. The hyperlucid dream was more real than waking up in the real waking state.

Most people with a near-death experience say that you only need one near-death experience, it changes your whole life. You don't need to repeat such experiences to refresh your memory. It is the same with the hyperlucid dream.

"At least 95% of our lives are determined by unconscious processes"

Bruce Lipton

This means that most of our lives we don't know what we are doing because we are driven by the power of the subconscious.

These subconscious processes are what Andrew Holecek calls the forces of the dark side that work backstage, so to speak, and dictate what happens on stage. We are often victims of the processes in the subconscious.

A lucid dream is also a dream of light

Science and also Andrew Holecek's experiences already show how extremely powerful light is. Light has a disproportionate powerful side and this goes both ways. If we work with lucid dreams and dream yoga, it is comparable to an inner night light that we switch on all at once.

"There is no inner darkness. There is only light that is not seen."

Quote from a Stanford student

As soon as we switch on this powerful night light at night by illuminating our mind with lucid dreaming, our day also automatically becomes brighter and more enlightened.

Lucid dreaming, however, not only leads to lucid living, but also to lucid dying! Here we enter the realm of BardoYoga. BardoYoga and sleep yoga are the preparations for a good death and are also used in the Tibetan tradition. Andrew will tell us much more about this topic in the course.

If we look at our nightly dreams, we already have an insight into the final exam that awaits us at the end of life. With the exercises of sleep yoga and bardo yoga, we can anticipate in a three-dimensional way to prepare ourselves for a good death as well.

Lucid dreaming is predominantly psychological. One works with the psychological dimensions of one's own being. It is very much about self-realisation and self-fulfilment. It's beautiful, but has a potential range of limitation.

And this is where dream yoga comes in.

Dream yoga can be a spiritual path.

Dream yoga includes lucid dreaming. You can't practise dream yoga without lucid dreaming.

But just a few lucid dreaming skills and abilities are enough to get into dream yoga.

In dream yoga, you replace the theatre of the mind (as in lucid dreaming) with the laboratory of the mind.

This means....

...that at this level you will learn to observe your mind more closely and explore the nature of your own mind.

It is more spiritual, no longer as psychological as lucid dreaming. It is now less about self-fulfilment and more about self-transcendence.

This is where we will do really profound practices together in the course. For this, Andrew Holecek shares his knowledge of the nine stages of classical dream yoga.

What exactly can you achieve for yourself with this?

The aim of these practices is actually to purify bad habits or bad karma.

- You can change bad habits into good ones and bad karma into good ones.
- You can also transcend your entire karma.
- You will be able to clean up the mind by understanding your dreams.
- You will be able to heal some parts of your mind
- You will learn to go beyond your mind
- You will have the opportunity to explore the full spectrum of your own identity
- And you will begin to work for this in the depth of your being, your spiritual roots, where all your power comes from.

So in dream yoga we can directly encounter the subconscious mind and generate an incredible amount of power from it.

Do these exercises at night affect my healthy sleep?

Many people in this day and age are very busy and it is important for them to have an undisturbed sleep. The good thing is that getting started with sleep yoga in the right way does not affect your sleep patterns at all.

You need a good and healthy sleep to have good and healthy dreams.

Andrew Holecek is not only the author of several books himself, but also co-author of many books on lucid dreaming.

He speaks into this course from 40 years of personal experience.

Therefore, in addition to many easy-to-implement exercises in the course, he has also included scientifically sound knowledge and evidence, which offers a great change of pace.

Among other things, his knowledge of Western and Eastern sleep hygiene.

In the course of an average life, we dive into the dream world about 500,000 times. Dreams comprise at least 25% of our sleep. If we add this up, we dream for at least 6 years of our entire lives!

Just imagine how much you could learn if you added 6 years to this realm of your consciousness in this dimension!

You cannot add more years to life, but you can add more life to years!

So you can use these nightly practices to accelerate your psychological and spiritual development.

That's why Andrew Holecek refers to five practice areas that he likes to call "night school". In his opinion, this is the pedagogy of the future.

"Amazing claims require amazing evidence!"

is what Andrew likes to say all the time.

So here's an excerpt from the science:

A leading neuroscientist wrote the following about lucid dreaming in his book "Why We Sleep":

"It is possible that lucid dreaming represents the next stage in the evolution of Homo sapiens. Will people with the ability to lucid dream be preferentially selected in the future? In part. On the basis of this unusual ability to dream - an ability that could enable them to address the challenges they or humanity face in waking life with the creative problem-solving focus of dreaming, and to harness this ability more consciously"

Evolution has not stopped, it has not stood still - it has just naturally moved inwards. Just as we go inside when it gets dark outside and when we sleep, we go even further inside.

You can go to night school every night and enter the arena of accelerated learning!

Andrew Holecek takes us on the journey of sleep in this course in a very inspiring way, where he gives us the really important facts and information along the way.

This applies equally to spiritual practice. In a certain kind of tantra, it is said that the meditations we do in dreams can be seven to nine times more transformative than doing them during the day.

Seven to nine times! That's really remarkable, isn't it?

Researcher Clare Johnson says of lucid dreaming:

"I am immediately profoundly relaxed and this happens so much faster in dreams than in waking meditation. I marvel at this and am always amazed at how deep I can get within seconds."

...And what if you don't have lucid dreams despite doing the exercises?

Assuming you never have a lucid dream, these exercises will still have an effect on the way you react to things in your life.

This is because the light from our dreams also radiates into other areas.

People who practise this have a greater ability to internalise dreams.

In the healing temples of Asclepius in ancient Greece, patients went to the temple, performed purification exercises and rituals, all with the aim of receiving a dream from the divine healer Asclepius. Sometimes this was done directly, in other cases patients needed someone to dream for them.

When you work with lucid dreams, you work from the beginning with dreams that speak to your inner teacher, your heart, your inner self.

Andrew relates the following from his own experience:

"While I was on the three-year meditation retreat, in the second year the group lost their meditation master who could no longer be with us for various reasons. We were without leadership, without guidance, for about 6 months. That can be very difficult when you are working 24 hours a day with your own mind. At that time I had already been working with lucid dreaming and dream yoga and so before I went to sleep each night I could ask, " I would like to have

a dream please, to help me understand this or that." So often after a night or two I would have a dream in complete lucidity that was crystal clear, where I could ask questions. And I received guidance from my spirit. In the morning when I woke up, I wrote everything down and quickly realised that I no longer needed a retreat master. Because the teacher was within me."

It is even possible to become a substitute dreamer. You can host dreams to help others.

This is a great help to the whole world.

This is what happened to Andrew in the retreat, where difficulties and interpersonal challenges also arose at times. And Andrew had a spontaneous spare dream during this time, which was meant for the whole group. The next day he gently presented his experience from the night to the group. When they heard about it, it suddenly became completely clear to everyone in the group what issue had just been present and what solution there was for it for the group.

When you start working with lucid dreaming and dream yoga, you develop the ability to have pre-cognitive dreams. Dreams that predict the future.

Andrew has quite a bit of video footage and literature to document this in the course, which he will present to us.

And bad habits, karma, can also be picked up in dreams so that it doesn't have to manifest in daily life first.

So lucid dreaming can also be used for healing opportunities. Andrew will also talk about a very powerful future visionary dream that literally saved his own life.

External ailments can also be healed in lucid dreaming. When you change the blueprint of the inner body in the lucid dream, you also change the outer body.

For example, there is a psychiatrist who published a paper about a patient who cured himself in one night after 22 years of chronic pain:

"I am not an expert in lucid dreaming. But the man woke up in the morning without pain. He said it's like his brain shut down and rebooted. A few days later he went to the VA pharmacy and brought them back his prescription for painkillers."

Lucid dreaming can also be used successfully for performance skills in daily life. This is how you can increase your performance.

No matter what kind of dream you will have, it will bring out your role as a great creator.

In the higher stages where the ultimate lucid dreamers are, that is, in the mind of the actually awakened, there are no more differences between the dream and waking state, they are equivalent.

Perception is also creation

We project things and colour things and we are co-creators. In the waking state we share the world with other minds, but we are all co-creators.

You will learn in this course that there is no one who can make you miserable or happy unless you give them that power!

But this ultimate power lies within you. So you will learn about your creative majesty in the dream.

If you don't have the power over your dream - your unconscious has it!

This is nothing but your unconscious mind acting out in your normal, non-lucid dreams.

This means that if you wake up in your dream and take control of your dream, then you are also the one who can wake up during the day and take control of the daydream.

It doesn't matter what happens, you develop a flexibility in your identity, a playful attitude to everything. Things on the outside no longer have such a big impact on you, because you recognise their true nature.

The course will include some helpful Tibetan exercises.

We will look at the following topics in depth in the course:

- **How to resolve interpersonal conflicts and the therapeutic value of such dreams.**
- **How to resolve grief.**
- **Problem solving capacities.**
- **Insomnia**
- **How to prepare for death.**

Dream is just a code word for manifestation of the mind

Andrew Holecek wants to share with you the secrets of the night that he himself has discovered through decades of sometimes exhaustive research, to show you for yourself how much you can do with it.

You want to change your life?

You want to awaken in a spiritual sense?

Then these exercises are for you!

The power of intention - an exercise for you

We work with the power of intention. Intention literally means reaching out to something.

The power of intention is to raise consciousness, to expand, to stretch.

We want to stretch our consciousness from waking consciousness into the dream state.

And this is how it works:

During the day you train this power of intention. For example, you can say to yourself one of these sentences:

- **This night I will have many dreams.**
- **This night I will remember my dreams.**
- **This night I will wake up in my dreams.**

And then repeat it over and over like a mantra. The important thing is that you can feel it and not just say it.

Repeat it as often as you can during the day and increase it when you lie down to fall asleep. Then repeat your sentence at least 7 times.

Your mind will enter the dream state anyway. But instead of falling asleep with a stressed mind, this method of Eastern sleep hygiene is to cleanse the mind before you fall asleep.

Another way is to...

...the dream signs and state check: If you are in a normal, non-lucid dream, now one of the reasons you are not aware that you are dreaming is that you do not question what is happening.

Do unusual events sometimes happen in your everyday life?

Then get into the habit of reacting accordingly and integrate this into your dream state. For example, if out of the blue a book suddenly falls off the shelf or a bird flies into the window and you then hold your nose and try to breathe, you will realise in waking life that it doesn't work. In the dream state, however, it does work and you will then realise that you are dreaming.

We wish you a lot of fun with the exercises and look forward to exchanging ideas with you in the course!

Beautiful dreams

wish you

Andrew Holecek & Mathias Berner