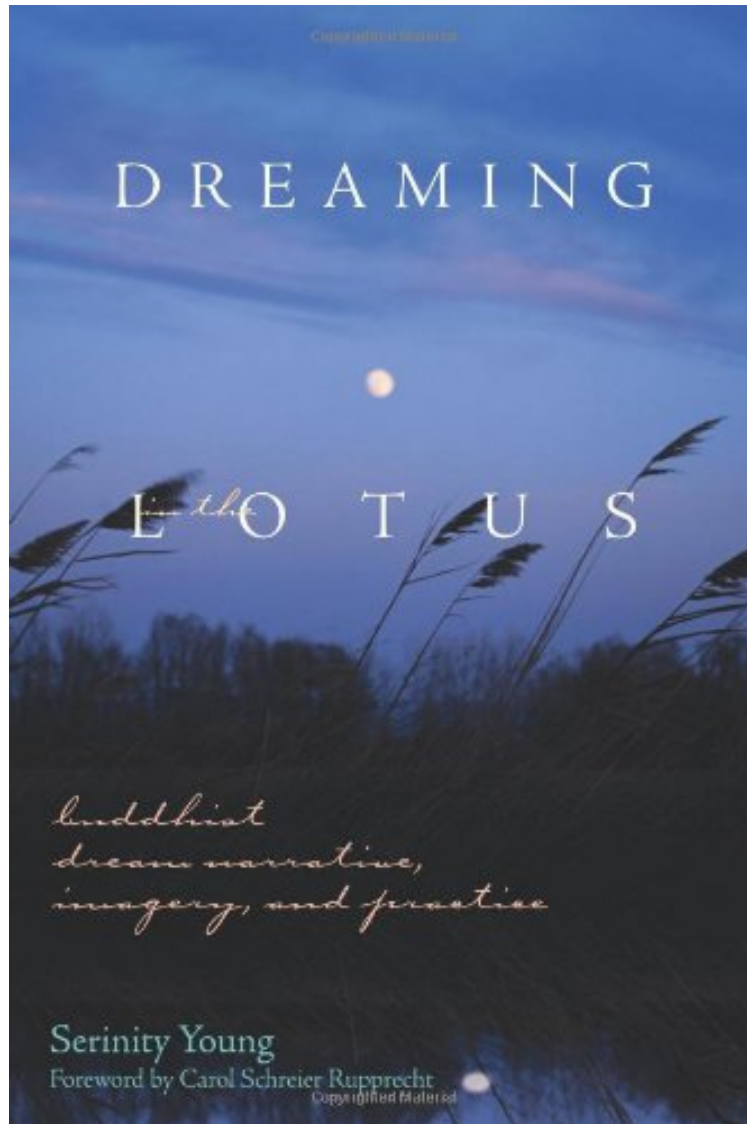


[Download ebook] Dreaming in the Lotus: Buddhist Dream Narrative, Imagery, and Practice

# Dreaming in the Lotus: Buddhist Dream Narrative, Imagery, and Practice

Serinity Young

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**Serinity Young : Dreaming in the Lotus: Buddhist Dream Narrative, Imagery, and Practice** before purchasing it in order to gage whether or not it would be worth my time, and all praised Dreaming in the Lotus: Buddhist Dream Narrative, Imagery, and Practice:

10 of 10 people found the following review helpful. Best book on Buddhist Dreaming By A Customer This is the best book available on the subject of dreaming in the Buddhist tradition. The author is intimately familiar with the

languages, the cultures, and the multi-layered symbolic meanings of the dreams she discusses. Serinity Young offers fascinating accounts of the important roles that dreams have played in the lives of Buddhist teachers and mystics. She has especially intriguing things to say about the role of gender in dreaming. The issue of lucid dreaming comes up, but not in the way many Westerners might expect; Young argues persuasively that in the Buddhist context lucid dreaming (i.e., cultivating conscious awareness within the dream state) is a valuable means to the greater end of enlightenment. Dreaming in the Lotus is not a "how-to" book, but rather a stimulating invitation to learn about the dream traditions of another culture.<sup>2</sup> of 2 people found the following review helpful. You won't find a better book in this genre

By Nick Harper  
I've long been obsessed with both how our dreaming mind functions and Buddhism's take on how the human mind functions. I've read a lot on both topics and I can say with confidence that nowhere is there a book that is more informative about the nexus of these two worlds than *Dreaming the Lotus*. Most books in this genre focus on Tibetan Dream Yoga, a Vajrayana tradition but Serinity Young delves into the Theravada and Mahayana traditions as well, citing texts from all three schools and how they have all used dreams as metaphors for illusion and enlightenment, as examples of prophetic experiences, auspicious events and much more. It's a fascinating read for people interested in history, dreaming, or Buddhism.<sup>6</sup> of 9 people found the following review helpful. Not bad at all

By Joel Brown  
This is a book that I have on many an occasion wished to read, and the other day I finally picked it up from the half-priced book store, and finished it in two days. Young's historical view of Buddhist dreaming theory is well documented and for the most part objective. Firstly, dreams are viewed as a means to the end of ontological insight that brings one to the realization of shunyata-emptiness. Both dreaming and waking function on the same Apollonian level where entities exist only as mental constructs devoid of self inherent essence. In early Indian Buddhism dreams play a large role in the life stories of the Buddha himself and other saints. Buddhist dream theory, like Buddhism itself emerged from and proceeded to distinguish itself from Brahmanical tradition. Buddha is said to have interpreted many macabre nightmares and visions in a new light of benevolence and good fortune. This brings me to the next point that in Buddhism, as in virtually all ancient systems of thought, dreams are regarded as containing prophetic value and foresight pertaining to experiences that will evince in the future. The book acknowledges several times the Asian belief that a dream is not HAD but SEEN i.e. stems externally rather than internally and thus a divine or demonic agent bestows the experience over one's sleeping state. There is also a unique interpretation of dream symbols and archetypes, especially so in Tibetan Buddhism. (which also has its own ritual dream yoga) Unfortunately, as evidenced in their symbolic musings there is a sign that even the peaceful and loving religion of the Buddha has in its history inferiority imposed on females. Some of the objects of intense study are how dream theory manifested itself in Tibetan Buddhism, Milarepa, and the Jatakas. It is my opinion however that, for the modern Buddhist, however important dreams may be not all of the ancient thought on them should be retained because some of it is mere imaginative superstition. (but I guess that goes for all religion) I guess I'm just thinking in terms of modern dreamwork where meaning tends to be more so than not individualized. Not only that but many of the symbols and their respective interpretations arose from and were dependent on the cultural context from which Buddhism arose. Basically all I'm saying is that I wouldn't ritualize in order to appease any deity after a bad dream. (But I'm also not saying that the book tried to argue in favor of this, just sharing an opinion of my own)

Dreams play a powerful role in the sacred biographies of Indo-Tibetan Buddhism: they foretell the births of religious figures, describe their accomplishments, and reveal esoteric teachings. In this fascinating study of the Buddhist dream experience, Dr. Serinity Young explores the complex functions of dreams in the sacred biographies of the Buddha and other central Buddhist figures, and reveals the ever-changing nature of dreams in Buddhist thought and practice. Young presents a fascinating, culturally varied picture of the Buddhist dream experience and its revelations about Buddhist ideas of consciousness, cognition, and salvation. Using biographies of the Buddha and other important Buddhist figures, Serinity Young explores the functions of dreams and maps their role at the intersection of biography, history, and religious belief.

"The author, a specialist of Asian culture and language and dream analysis, explores the powerful role that dreams play in Indo-Tibetan Buddhism. She also explores lucid dreaming and the complex function of dreams in the biographies of Buddhist figures. Highly interesting and practical in its applications." (The Beacon)"Excellent. I strongly recommend it for anyone desiring to enter into the world of dream studies." (Tibet Journal)"Serinity Young has written a scholarly and very readable analysis of the function of dreams as an integral aspect of Buddhism's spiritual teachings and practices. After an informative analysis of how, in Buddhism, dreams shape the understanding of the waking world, she shows their specific role in both the public and private spheres of Tibetan Buddhism. Especially interesting is her discussion of how dreaming became the formalized practice known as Dream Yoga--a practice designed, as she says, 'to harness all aspects of human consciousness in order to direct it toward enlightenment.' Anyone with an interest in dreams or dream interpretation--and especially how these have been vested with religious authority in Buddhism--will find many suggestive insights in Young's book." (Ainslie T. Embree, Columbia University, and former Cultural Affairs Officer, U.S. Embassy, New Delhi, India)"There would be no

Buddha and no Buddhism without dreams.' Serinity Young's thought-provoking study of dreams in the sacred biographies of Indo-Tibetan Buddhism makes a very strong case to support that sweeping claim. She has made an important contribution to Buddhist Studies and to dream research. The book will acquaint students and scholars of Buddhism with important issues about dreams and dream research and how they relate to the Indo-Tibetan religious context. This excellent work offers dream researchers crucial historical and theoretical background on dreams and dreaming in Eastern religion." (Journal of Buddhist Ethics)"A brilliant analysis of the role of dreams in Buddhism. Packed with rich interpretive insights. An important book that will be welcomed by many with an interest in evolving Buddhist perspectives on dreaming." (Dream Network)"A thoughtful exploration of dreams and visions in the context of Indo-Tibetan Buddhist practice. What distinguishes this book is the clear insistence on understanding these phenomena within their cultural context before embarking on cross-cultural exploration." (The Middle Way)"This scholarly yet highly readable and intelligent book examines the powerful role that dreams play in Buddhist culture and religion... Filled with interesting insights, sound research, and beautiful images, this book is an important addition to Buddhist scholarship." (Choice)A complex and provocative study of dream in Tibetan Buddhism... Of particular interest is her extended treatment of gender in relation to dreams, revealing differences between what men and women dream about, how the culture validates their dreams, and the sharp contrast between female powers as experienced in men's dreams and social reality." (Shambhala Sun)"Dreams play an uncelebrated but important role in the Buddhist tradition. Dreaming in the Lotus uses dream as a vehicle to understand Buddhism while simultaneously tracing Buddhism's understanding of dreams. Full of examples of dreams and dream imagery from throughout Buddhist history, Dreaming in the Lotus shows that dreaming itself can be a practice for awakening... As Dr. Young progresses through Theravada and into the Tibetan tradition, her discussion becomes more and more intriguing." (Tricycle)About the AuthorSerinity Young received her PhD from Columbia University and is an adjunct assistant professor at Queens College, where she administers the Himalayan Studies minor. She is also a research associate in the Division of Anthropology at the American Museum of Natural History, where she works on Tibetan artifacts and iconography. She has been awarded two Fulbrights, two Asian Cultural Council grants, was a research scholar in the History of Science and in Archaeology at cole des Hautes etudes en Sciences Sociales, and has been elected to the Hunter College Alumni Hall of Fame. Her research focuses on gender issues in Buddhist texts, material culture, and rituals; shamanism; sacred biography; pilgrimage; healing and medicine; dream theory; and archaeology. She has done fieldwork in India, Tibet, Nepal, Pakistan, Sri Lanka, Bangladesh, China, and Russia. She is the author of Courtesans and Tantric Consorts: Sexualities in Buddhist Narrative, Ritual, and Iconography (Routledge, 2004) and Dreaming in the Lotus: Buddhist Dream Narrative, Imagery, and Practice (Wisdom, 1999); editor-in-chief of The Encyclopedia of Women and World Religion (Macmillan 1998); editor of An Anthology of Sacred Texts By and About Women (Crossroads and HarperCollins, 1993); most recently she has published Body and Spirit: Tibetan Medical Paintings, (AMNH Publications and University of Washington Press, 2009) and has several electronic publications on the AMNH website, [www.amnh.org](http://www.amnh.org).