

*Gaya Ethaniel: Life as dream or as Zen suggested all dharmas are dream. Or any reports related to dreams :)*

*Mitsu Ishii: we do dreams, and talk about dreams, but also perhaps we can think about the lojong phrase "Renew your commitment when you get up and before you go to sleep."*

Bringing sense of dream into waking life helps in seeing one's mind more. Also dream practice seems to help with not attaching to a narrow sense of me/life. And often certain dreams point to how tightly I hold onto a sense of self during waking life.

I've been watching the short periods between sleeping and waking while in bed. As reported previously, I've noticed self construction in what one may describe as 'slow motion'.