



Advanced Yoga Practices

Liberation - The Fruition of Yoga AudioBook Tracklisting

(chapter titles are in caps)

01 - INTRODUCTION	(5:20)
02 - Chap 1 - A PATH FROM HERE TO HERE	(4:31)
03 - Chap 1 - Is Instant Enlightenment Possible?	(4:37)
04 - Chap 1 - A Process of Purification and Opening	(7:56)
05 - Chap 2 - WAYS AND MEANS	(2:59)
06 - Chap 2 - Yoga Practices	(7:46)
07 - Chap 2 - Symptoms of Human Spiritual Transformation	(11:59)
08 - Chap 2 - On Becoming Ripe	(6:59)
09 - Chap 2 - Pitfalls of the Mind	(7:44)
10 - Chap 2 - Infatuation or Fear about Experiences	(3:30)
11 - Chap 2 - Over-Analyzing and Over-Philosophizing	(1:42)
12 - Chap 2 - Overdoing Self-Inquiry or other Yoga Practices	(2:32)
13 - Chap 2 - The Illusion of Attainment or of Having Arrived	(1:55)
14 - Chap 2 - Denying Practices	(3:52)
15 - Chap 2 - The Non-Duality Trap - Denying the World	(4:08)
16 - Chap 3 - UNDOING THE DOER	(2:46)
17 - Chap 3 - Role and Evolution of the Witness	(5:43)
18 - Chap 3 - Pre-Witnessing	(2:25)
19 - Chap 3 - Witnessing	(3:25)
20 - Chap 3 - Discrimination	(6:03)
21 - Chap 3 - Dispassion	(5:18)
22 - Chap 3 - Unity	(4:40)
23 - Chap 3 - What About I, Me and Mine?	(3:05)
24 - Chap 3 - Subject, Object, and the Mechanics of Perception	(11:16)
25 - Chap 3 - The Techniques of Jnana Yoga	(6:26)
26 - Chap 3 - Jnana-Natural	(3:49)
27 - Chap 3 - Jnana-Releasing	(7:05)
28 - Chap 3 - Jnana-Affirming	(4:47)
29 - Chap 3 - Jnana-Negating	(5:35)
30 - Chap 3 - Jnana-Transcending	(6:49)
31 - Chap 3 - Direct Pointing - An Ancient and Modern Tool	(13:25)
32 - Chap 3 - The Power of the Pen and the Keyboard	(7:32)
33 - Chap 3 - Love of the Self	(1:57)
34 - Chap 3 - Dissolving the Witness in Unity	(6:50)
35 - Chap 3 - Active Surrender	(5:19)
36 - Chap 3 - Going Beyond the Witness	(2:31)
37 - Chap 4 - LIBERATION	(1:56)
38 - Chap 4 - We Are That	(3:15)
39 - Chap 4 - Stillness in Action and Outpouring Divine Love	(3:45)
40 - Chap 4 - Freedom	(12:13)
41 - FURTHER READING AND SUPPORT	(3:00)

Total Run Time - 3 Hours, 38 Minutes