



Advanced Yoga Practices

Samyama - Cultivating Stillness in Action, Siddhis and Miracles

AudioBook Tracklisting

(chapter titles are in caps)

01 - INTRODUCTION	(5:19)
02 - Chap 1 - THE MAKING OF MIRACLES	(2:12)
03 - Chap 1 - How Our World is Manifested	(5:25)
04 - Chap 1 - Discovering Our Vast Inner Potential	(7:26)
05 - Chap 1 - Becoming a Channel of Infinite Expression	(7:45)
06 - Chap 2 - SAMYAMA	(2:51)
07 - Chap 2 - The Yoga Sutras of Patanjali	(5:08)
08 - Chap 2 - The Technique of Samyama	(5:07)
09 - Chap 2 - Samyama Technique Explained	(7:39)
10 - Chap 2 - Sutras for Balanced Purification and Opening	(9:17)
11 - Chap 2 - Moral Self-Regulation	(7:24)
12 - Chap 2 - Questions and Answers on Daily Practice	(28:07)
13 - Chap 2 - Symptoms of Purification and Opening	(2:58)
14 - Chap 2 - Symptoms	(7:44)
15 - Chap 2 - Self-Pacing	(9:46)
16 - Chap 2 - Rise of the Active Witness	(3:59)
17 - Chap 3 - EXPANDED APPLICATIONS	(3:11)
18 - Chap 3 - Cosmic Samyama and Yoga Nidra	(4:07)
19 - Chap 3 - The Practice of Cosmic Samyama	(17:21)
20 - Chap 3 - Samyama and Yoga Postures (Asanas)	(7:12)
21 - Chap 3 - Prayer and the Principles of Samyama	(5:41)
22 - Chap 3 - Practical Prayer with Samyama	(4:45)
23 - Chap 3 - Prayer with Samyama to Dissolve Global Problems	(10:36)
24 - Chap 3 - Samyama in Daily Living	(0:53)
25 - Chap 3 - Moving Stillness and Active Surrender	(5:16)
26 - Chap 3 - Natural Self-Inquiry	(1:41)
27 - Chap 3 - Intentional Divine Flow	(1:16)
28 - Chap 3 - Transformation of Karmic Influences	(2:48)
29 - Chap 3 - Siddhis - Super-Normal Powers	(7:53)
30 - Chap 3 - The Importance of a Methodical Approach	(8:03)
31 - Chap 4 - STILLNESS IN ACTION	(3:00)
32 - Chap 4 - Relationship of Inner Silence and Ecstasy	(3:19)
33 - Chap 4 - Flying on the Wings of Ecstatic Bliss	(3:45)
34 - Chap 4 - Let Go and Let God	(4:53)
35 - Appendix - THE SAMYAMA SUTRAS OF PATANJALI	(5:28)
36 - Appendix - Research for well-established Practitioners	(7:48)
37 - Appendix - Samyama Sutra Interpretation	(7:30)
38 - FURTHER READING AND SUPPORT	(2:52)

Total Run Time - 3 Hours, 57 Minutes