



Advanced Yoga Practices

Self-Inquiry - Dawn of the Witness and The End of Suffering AudioBook Tracklisting

(chapter titles are in caps)

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| 01 - INTRODUCTION | (4:56) |
| 02 - Chap1 - ON THE TRAIL OF TRUTH | (7:33) |
| 03 - Chap1 - Self-Inquiry - The Yoga of Knowledge | (1:30) |
| 04 - Chap1 - Roles of Philosophy and Experience | (6:57) |
| 05 - Chap1 - The Importance of Practice | (8:16) |
| 06 - Chap2 - AN APPROACH TO SELF-INQUIRY | (4:53) |
| 07 - Chap2 - Deep Meditation and the Inner Witness | (8:41) |
| 08 - Chap2 - Self-Inquiry - From Inspiration to Realization | (6:33) |
| 09 - Chap2 - Relational and Non-Relational Self-Inquiry | (14:19) |
| 10 - Chap2 - Five Stages of Mind | (9:00) |
| 11 - Chap2 - Pre-Witnessing | (2:14) |
| 12 - Chap2 - Witnessing | (2:52) |
| 13 - Chap2 - Discrimination | (5:34) |
| 14 - Chap2 - Dispassion | (4:26) |
| 15 - Chap2 - Outpouring Divine Love and Unity | (4:32) |
| 16 - Chap2 - Honoring Our Nature and Where We Are | (6:27) |
| 17 - Chap3 - SELF-INQUIRY IN DAILY LIFE | (2:12) |
| 18 - Chap3 - Teachers - Pros and Cons | (9:59) |
| 19 - Chap3 - Practical Applications of Self-Inquiry | (12:13) |
| 20 - Chap3 - Self-Inquiry for Every Day Experiences | (12:14) |
| 21 - Chap3 - Self-Inquiry for Ultimate Truth | (10:02) |
| 22 - Chap3 - Pitfalls of the Mind | (6:11) |
| 23 - Chap3 - Infatuation or Fear about Experiences | (3:20) |
| 24 - Chap3 - Over-Analyzing and Over-Philosophizing | (1:41) |
| 25 - Chap3 - Overdoing Self-Inquiry or other Yoga Practices | (2:23) |
| 26 - Chap3 - The Illusion of Attainment or of Having Arrived | (1:58) |
| 27 - Chap3 - Denying Practices | (3:05) |
| 28 - Chap3 - The Non-Duality Trap-Denying the World | (3:39) |
| 29 - Chap3 - Self-Inquiry and the Limbs of Yoga | (9:34) |
| 30 - Chap3 - Devotion and Self-Inquiry | (4:18) |
| 31 - Chap3 - Meditation, Samyama and Self-Inquiry | (7:31) |
| 32 - Chap3 - Kundalini and Self-Inquiry | (9:28) |
| 33 - Chap3 - Yama, Niyama and Self-Inquiry | (6:59) |
| 34 - Chap4 - THE END OF SUFFERING | (2:48) |
| 35 - Chap4 - Who Suffers? | (6:11) |
| 36 - Chap4 - Transcending Duality Through Divine Love | (3:46) |
| 37 - Chap4 - A Confirmation of Unity | (5:51) |
| 38 - FURTHER READING AND SUPPORT | (2:40) |

Total Run Time - 3 Hours, 51 Minutes