

The Secrets of Wilder
—
A Story of
Inner Silence, Ecstasy and Enlightenment

Yogani

Wilder Open System of Spiritual Practices															
Core Practices Sequence* >	Spinal Breathing			Breath Suspensions			<i>i am</i> Meditation			Nine Prayers of <i>i am</i>			Spiritual Eye Purges		
Learning Sequence >	2nd			5th			1st			4th			3rd		
Level** >	B	I	A	B	I	A	B	I	A	B	I	A	B	I	A
Concurrent Practices															
Root Seat		*	*		*	*		*	*		*	*		*	*
Root Lift	*	*	*	*	*	*			*			*	*	*	*
Abdominal Lift		*	*	*	*	*			*			*	*	*	*
Eye Lift	*	*	*	*	*	*		*	*			*	*	*	*
Medulla Pull		*	*		*	*			*			*	*	*	*
Chin Lock				*											*
Chin Pump					*	*									
Palate Lift	*			*			*			*			*		
Secret Chamber Altar of Bliss		*			*			*	*		*	*		*	*
Secret Chamber Upper Passages			*			*									
<i>i am</i> 's Embrace		*	*		*	*		*	*		*	*		*	*
Practice Times***															
Standard	5 min			5 min			20 min			10 min			3 min		
Aggressive	10 min			10 min			25 min			15 min			5 min		
Diehard	15 min			15 min			30 min			20 min			10 min		

Notes:

* Each cycle of core practices is preceded by spiritual stretching exercises, and followed by rest.

** Levels: **B** = Basic, **I** = Intermediate, **A** = Advanced

*** Practice times are twice per day. Periods of intense practice may include more cycles per day.