



## Advanced Yoga Practices

# Bhakti & Karma Yoga The Science of Devotion and Liberation Through Action AudioBook Tracklisting

(chapter titles are in caps)

01 - INTRODUCTION	(4:04)
02 - Chap 1 - DESIRE AND ACTION	(14:24)
03 - Chap 2 - BHAKTI YOGA	(4:52)
04 - Chap 2 - Bhakti - Up Close and Personal	(5:25)
05 - Chap 2 - Ishta - The Chosen Ideal	(11:41)
06 - Chap 2 - The Systematic Transformation of Emotion	(4:23)
07 - Chap 2 - Transforming Positive Emotional Energy	(4:56)
08 - Chap 2 - Transforming Negative Emotional Energy	(6:03)
09 - Chap 2 - Bhakti with Balance - Self-Pacing	(9:19)
10 - Chap 2 - Bhakti and the Limbs of Yoga	(12:26)
11 - Chap 3 - KARMA YOGA	(3:03)
12 - Chap 3 - Action and its Consequences	(1:28)
13 - Chap 3 - The Unfathomable Consequences of Karma	(2:41)
14 - Chap 3 - The Myth of Sin	(4:07)
15 - Chap 3 - Transcending Karma and Putting It to Good Use	(7:52)
16 - Chap 3 - The Spiritual Evolution of Action	(2:03)
17 - Chap 3 - Going in Circles and Traveling in a Straight Line	(2:57)
18 - Chap 3 - Mapping the Spiritual Evolution of Action	(8:54)
19 - Chap 3 - The Role of Service	(16:01)
20 - Chap 4 - PASSIONATE LIVING	(2:23)
21 - Chap 4 - A Journey from Here to Here	(8:54)
22 - Chap 4 - The Dance of Unity	(9:45)
23 - FURTHER READING AND SUPPORT	(2:52)

**Total Run Time - 2 Hours, 30 Minutes**