



Advanced Yoga Practices

Deep Meditation - Pathway to Personal Freedom AudioBook Tracklisting

(chapter titles are in caps)

01 - INTRODUCTION	(4:47)
02 - Chap 1 - WHO AM I?	(8:35)
03 - Chap 2 - DEEP MEDITATION	(1:00)
04 - Chap 2 - How To Meditate	(7:25)
05 - Chap 2 - When and Where to Meditate	(4:03)
06 - Chap 2 - Questions On Your First Meditation	(8:40)
07 - Chap 2 - The Possibilities	(5:27)
08 - Chap 3 - STEPS OF PROGRESS	(1:21)
09 - Chap 3 - Navigating the Path of Inner Purification	(3:14)
10 - Chap 3 - Persistent Thoughts	(3:58)
11 - Chap 3 - Thoughts and Mantra Together	(3:29)
12 - Chap 3 - No Mantra No Thoughts	(4:25)
13 - Chap 3 - Breath Slowing Down	(3:19)
14 - Chap 3 - Physical Discomfort Pain or Restlessness	(4:59)
15 - Chap 3 - Strong Emotions	(4:20)
16 - Chap 3 - Headache	(2:07)
17 - Chap 3 - Falling Asleep in Meditation	(3:54)
18 - Chap 3 - External Noise	(4:27)
19 - Chap 3 - Interruptions	(2:20)
20 - Chap 3 - Importance of Resting Before Getting up	(2:22)
21 - Chap 3 - Fine-Tuning Our Meditation Time	(4:53)
22 - Chap 3 - Clock-Watching in Meditation	(2:16)
23 - Chap 3 - Finding Time to Meditate when On-the-Go	(3:46)
24 - Chap 3 - Meditating After Meals or at Bedtime	(2:35)
25 - Chap 3 - Alcohol Tobacco and Drugs	(3:19)
26 - Chap 3 - Diet	(1:39)
27 - Chap 3 - Physical Exercise and Culture	(6:07)
28 - Chap 3 - Self-Pacing Versus Breaking Through	(2:58)
29 - Chap 3 - Effects in Daily Activity	(2:20)
30 - Chap 3 - Visions and Energy Experiences	(1:26)
31 - Chap 3 - Inner Sights and Sounds	(3:14)
32 - Chap 3 - Sensations of Energy Flowing Inside	(4:56)
33 - Chap 3 - Sexual Arousal	(1:52)
34 - Chap 3 - Premonitions Clairvoyance and Clairaudience	(3:26)
35 - Chap 3 - Visions of Religious Figures	(2:06)
36 - Chap 3 - Practice Versus the Sirens of Spiritual Experience	(2:45)
37 - Chap 3 - The Rise of Inner Silence-The Witness	(6:23)
38 - Chap 3 - Stillness in Action	(4:37)
39 - Chap 4 - FREEDOM	(2:46)
40 - Chap 4 - Unshakable Inner Silence and Ecstasy	(5:24)
41 - Chap 4 - Refinement to Ecstatic Bliss	(3:29)
42 - Chap 4 - Expansion of Divine Love in the World	(4:14)
43 - FURTHER READING AND SUPPORT	(2:40)

Total Run Time - 2 Hours, 45 Minutes