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How to use this study guide

You are asked to make notes in a notebook about each of the articles, books, videos, and podcasts. You may want one to have a single notebook for all of these, or you may wish to have separate notebooks for the various categories. For example, you may wish to have separate notebooks for SwamiJ.com articles, Swami Rama books, Swami Rama videos, and the Yoga Sutras.

For each of the chapters, articles, videos, or podcasts write in your notebook the title of the chapter, video, podcast, verse or sutras section. Do this only for the item you are reviewing right now; in other words, do this as you are going along through your studies rather than filling up a notebook with an outline from the start. You might want to underline that title in your notebook for clarity.

Follow your own sense of curiosity and intuition about where to start in this process, and where to go next. Please do not feel bound to go *in order* through the listings.

Make a brief (preferably one line) note for each point that strongly captures your attention such as: 1) something you want to remember, 2) a general topic name (such as “time, space, and causation”), 3) a question you have (such as “What is ‘chitta’ in relation to knowing myself?”). Follow your own intuition about what captures your attention.

Try to have about 10-20 points of interest for each article, chapter, video, or podcast. Follow your own natural flow with this. Some may have fewer than 10-20 points of interest and others may have more.

Start your note by writing the page number, verse or sutra number, or minute number on the left side of the page of your notebook (so that you can easily find your way back to it). Write the note itself to the right or below that location identifying notation. Write the current date next to this notation.

Review your notes with your guide or coach in a personal one-to-one session, face-to-face group conversation, by telephone, in an online discussion meeting, or by Skype (preferably video).

What is a coach? Swami Jnaneshvara and others who have already gone through more of this than you and can discuss it with you in a useful way.

After your study and discussion with your coach, then check off the box for that particular article, chapter, video, or podcast.

On the right side of your notebook write the amount of time you spent on this learning task so that you will be able to keep a running total for documentation of your studies and practices. Include in your time estimate both the study time and the discussion time. Write in tenths of an hour (for example 1 hour and 15 minutes would be 1.3 hours, which is 1 hour plus, and 15 minutes is 25% of an hour, which rounds up to .3

When the notebook page is full, add up the times and write it in the lower right hand corner, than add a slash mark ("/") and put the total of this page and the running total from the previous page. For example, if the current page has 10 hours of study and practice and the running total from the previous page was 320 hours, you would write "10/330" in the bottom right of the current notebook page. These totals may be used if you would like the ashram to "certify" your studies.

If you wish, I can "certify" your progress through the name of Abhyasa Ashram in blocks of 100 hours (100, 200, 500, 1000, 2000, etc). We'll just keep running totals. If you want to participate in this, please be sure to stay in touch with me personally as you go along so that I can faithfully state your level of participation.

Please enjoy this and not turn it into only work. Sadhana, like life itself, should be fun, as well as useful.

Articles from SwamiJ.com

Some of the individual articles are in more than one group. I've tried to keep this to a minimum, but when you encounter this, you may decide whether to read it again or just check it off as having been already reviewed.

I've tried to put the more foundational articles near the beginning though this is not perfectly so.

Getting Started

- Beginning Meditation (swamij.com/beginning-meditation.htm)
- Simplest Meditation (swamij.com/simplestmeditation.htm)
- Why Should I Meditate? (swamij.com/whymeditate.htm)
- Who Seeks Self-Realization? (swamij.com/whoseeks.htm)
- What do I want? (swamij.com/what-do-i-want.htm)
- Shortcut to Self-Realization (swamij.com/shortcut.htm)
- Meditation as a Whole or a Part? (swamij.com/whole-part.htm)
- Seven Skills for Meditation (swamij.com/sevenskills.htm)
- Four Steps in Yoga Meditation (swamij.com/stepsmeditation.htm)
- Flexibility in Your Practice Sequence (swamij.com/flexibility.htm)
- Time and Place for Meditation (swamij.com/timeplace.htm)
- Yoga Sutras 1.19-1.22: Efforts and Commitment (swamij.com/yoga-sutras-11922.htm#1.20)
- Yoga Sutras 1.33-1.39: Stabilizing and Clearing the Mind (swamij.com/yoga-sutras-13339.htm)
- The Body by Swami Rama (swamij.com/swami-rama-the-body.htm)
- The Breath by Swami Rama (swamij.com/swami-rama-the-breath.htm)
- The Mind by Swami Rama (swamij.com/swami-rama-the-mind.htm)
- Meditation and Selfless Action (swamij.com/swami-rama-meditation-action.htm)
- Citizen of Two Worlds (swamij.com/swami-rama-citizen-two-worlds.htm)
- Meditaton and the Spiritual Heart (swamij.com/swami-rama-meditation-heart.htm)
- Now, Then, and Therefore Yoga Discipline is Being Explained (swamij.com/swami-rama-now-then-therefore.htm)

Summaries of the Whole Process

- Summary of One-line "Short Course" in Yoga Meditation (swamij.com/online-yoga-meditation-summary.htm)
- World (swamij.com/online-yoga-meditation-world.htm)
- Senses (swamij.com/online-yoga-meditation-senses.htm)
- Body (swamij.com/online-yoga-meditation-body.htm)

- [Breath \(swamij.com/online-yoga-meditation-breath.htm\)](http://swamij.com/online-yoga-meditation-breath.htm)
- [Mind \(swamij.com/online-yoga-meditation-mind.htm\)](http://swamij.com/online-yoga-meditation-mind.htm)
- [Silence \(swamij.com/online-yoga-meditation-silence.htm\)](http://swamij.com/online-yoga-meditation-silence.htm)
- [Beginning, Intermediate, Advanced Table \(swamij.com/bia-table.htm\)](http://swamij.com/bia-table.htm)
- [Beginning, Intermediate, Advanced Details \(swamij.com/bia.htm\)](http://swamij.com/bia.htm)
- [The Path \(swamij.com/pdf/path.pdf\)](http://swamij.com/pdf/path.pdf)
- [Swami Rama Teachings Booklet \(swamij.com/pdf/swamiramateachings.pdf\)](http://swamij.com/pdf/swamiramateachings.pdf)

What is Yoga?

- [How the word "Yoga" is used on the website \(swamij.com/yoga-note.htm\)](http://swamij.com/yoga-note.htm)
- [Hatha Yoga and Raja Yoga \(swamij.com/hatha-yoga-raja-yoga.htm\)](http://swamij.com/hatha-yoga-raja-yoga.htm)
- [Yoga Sutras 1.1-1.4 \(swamij.com/yoga-sutras-10104.htm\)](http://swamij.com/yoga-sutras-10104.htm)
- [Yoga Meditation in 16 parts \(swamij.com/yoga-meditation.htm\)](http://swamij.com/yoga-meditation.htm)
- [Modern Yoga versus Traditional Yoga \(swamij.com/traditional-yoga.htm\)](http://swamij.com/traditional-yoga.htm)
- [Yoga Defined by Funk & Wagnalls \(swamij.com/yoga-define-waec.htm\)](http://swamij.com/yoga-define-waec.htm)
- [Yoga and the Words "Hindu" and "Hinduism" \(swamij.com/hindu-word.htm\)](http://swamij.com/hindu-word.htm)
- [Yoga Day USA and the Distortion of Yoga in America \(swamij.com/yoga-day-usa.htm\)](http://swamij.com/yoga-day-usa.htm)
- [Truth about 10 Reasons for Yoga according to Yoga Day USA \(swamij.com/yoga-day-usa-reasons.htm\)](http://swamij.com/yoga-day-usa-reasons.htm)
- [YouTube video on Yoga Day USA \(youtube.com/yogabindu\)](http://youtube.com/yogabindu)

Tradition of the Himalayan Masters

- [Tradition of the Himalayan Masters: Three Streams \(swamij.com/tradition.htm\)](http://swamij.com/tradition.htm)
- [Swami Rama of the Himalayas \(swamij.com/swami-rama.htm\)](http://swamij.com/swami-rama.htm)
- [Our Tradition by Swami Rama \(swamij.com/our-tradition.htm\)](http://swamij.com/our-tradition.htm)
- [Three Streams of Yoga, Vedanta, and Tantra \(swamij.com/yoga-vedanta-tantra.htm\)](http://swamij.com/yoga-vedanta-tantra.htm)
- [Schools of Tantra: Kaula, Mishra, & Samaya \(swamij.com/tantra.htm\)](http://swamij.com/tantra.htm)
- [Philosophy, Not Religion \(swamij.com/swami-rama-philosophy-not-religion.htm\)](http://swamij.com/swami-rama-philosophy-not-religion.htm)
- [What is a swami? \(swamij.com/what-is-a-swami.htm\)](http://swamij.com/what-is-a-swami.htm)
- [Personal source of inspiration \(swamij.com/inspiration.htm\)](http://swamij.com/inspiration.htm)
- [Guru and the Light Within \(swamij.com/swami-rama-guru.htm\)](http://swamij.com/swami-rama-guru.htm)
- [Guru is a Stream of Knowledge \(swamij.com/swami-rama-gurudeva-stream.htm\)](http://swamij.com/swami-rama-gurudeva-stream.htm)
- [Guru and Divine Grace \(swamij.com/swami-rama-guru-grace.htm\)](http://swamij.com/swami-rama-guru-grace.htm)

Kundalini

- [Kundalini Awakening \(swamij.com/kundalini-awakening.htm\)](http://swamij.com/kundalini-awakening.htm)
- [Prana usually flows in Ida or Pingala \(swamij.com/kundalini-awakening-1.htm\)](http://swamij.com/kundalini-awakening-1.htm)

- Prana flows in Ida and Pingala (swamij.com/kundalini-awakening-2.htm)
- Prana is made to flow in Sushumna (swamij.com/kundalini-awakening-3.htm)
- Kundalini Energy is Awakened (swamij.com/kundalini-awakening-4.htm)
- Kundalini Rising (swamij.com/kundalini-awakening-5.htm)
- Kundalini rises to Sahasrara (swamij.com/kundalini-awakening-6.htm)
- Shiva, Shakti and the River of Tantra (swamij.com/)
- The Secret of Shiva and Shakti (swamij.com/shiva-shakti-secret.htm)

Mantra

- Tips on How to Use a Mantra
- Mantra Japa and Ajapa-Japa (swamij.com/mantra-japa-ajapa.htm)
- Sohum Mantra (swamij.com/soham-mantra.htm)
- Sohum Mantra with Trataka/gazing (swamij.com/trataka.htm)
(Does not work on Mac; go instead to YouTube.com/yogabindu and look at the video there.)
- Gayatri
- Mahamrityunjaya
- Om Mantra and the Seven Levels of Consciousness
- Seven Methods of Practice with Om Mantra
- Mandukya Upanishad
- Why are there 108 beads on a Mala? (swamij.com/108.htm)

Mind

- Meditation on Attitudes (swamij.com/attitudes.htm)
- Two Faces of Emotions in Yoga Psychology (swamij.com/emotions.htm)
- Witnessing Your Thoughts in Yoga Practice (swamij.com/witnessing.htm)
- Summary of Witnessing Your Thoughts (swamij.com/witnessingsummary.htm)
- Intentionally Inviting Thoughts (swamij.com/inviting.htm)
- Coordinating the Four Functions of Mind (swamij.com/fourfunctionsmind.htm)
- Training the Ten Senses or Indriyas (swamij.com/indriyas.htm)
- Who's Driving your Chariot? (swamij.com/chariot-yoga.htm)
- Clearing the Clouded Mind (swamij.com/cloudedmind.htm)
- Maslow's Needs Hierarchy and Advanced Yoga Psychology (swamij.com/maslow-yoga.htm)
- Four Primitive Fountains (swamij.com/swami-rama-four-fountains.htmcs)
- Centripetal and Centrifugal Forces (swamij.com/centripetal-centrifugal.htm)

Levels of Consciousness

- Levels and Domains of Consciousness (swamij.com/levelsdimensions.htm)

- OM Mantra and 7 Levels of Consciousness (swamij.com/om.htm)
- Cake and Consciousness (swamij.com/consciousness-cake.htm)
- Computers and Consciousness (swamij.com/computers-consciousness.htm)
- Realization Beyond the Gross and Subtle (swamij.com/beyond.htm)
- Self behind the Paint and the Canvas (swamij.com/canvas.htm)
- Five Sheaths or Koshas (swamij.com/koshas.htm)
- Sankhya Yoga, Prakriti and its Evolutes
(swamij.com/prakriti-purusha-sankhya.htm)
- Levels of Your Being (swamij.com/yoga-meditation-what-levels.htm)
- What is "Systematic" Meditation? (swamij.com/systematic.htm)
- Stages of Enlightenment (swamij.com/stages-enlightenment.htm)
- Yoga Meditation described in 16 parts (swamij.com/yoga-meditation.htm)
- Yoga Sutras 1.17-1.18: Types of Concentration
(swamij.com/yoga-sutras-11718.htm)
- Yoga Sutras 2.26-2.29: The 8 rungs of Yoga
(swamij.com/yoga-sutras-22629.htm)
- Five Universal Stages of Meditation (swamij.com/five-stages-meditation.htm)
- Atma-Shatakam, Nirvana Shatakam, The Song of the Self
(swamij.com/shankara-atma-shatakam.htm)
- Maslow's Needs Hierarchy and Advanced Yoga Psychology
(swamij.com/maslow-yoga.htm)

Philosophy

- Six Schools of Indian Philosophy (swamij.com/six-schools-indian-philosophy.htm)
- Wake Up! (swamij.com/wake-up.htm)
- Vedantic Meditation (swamij.com/vedantic-meditation.htm)
- Self Inquiry and Its Practice (swamij.com/frawley-self-inquiry.htm)
- Philosophy, Not Religion (swamij.com/swami-rama-philosophy-not-religion.htm)
- What God Is (swamij.com/swami-rama-what-god-is.htm)
- I am That (swamij.com/swami-rama-tirtha-i-am-that.htm)
- Seven Bhumikas (swamij.com/upanishad-varaha-bhumikas.htm)
- Mandukya Upanishad (swamij.com/mandukya-upanishad.htm)
- Mahavakyas, Great Contemplations (swamij.com/mahavakyas.htm)
- Prakriti and Its Evolutes (swamij.com/prakriti-purusha-sankhya.htm)
- Ten Senses or Indriyas (swamij.com/indriyas.htm)
- Personal Philosophy of Life (swamij.com/swami-rama-personal-philosophy.htm)
- Dualism and Nondualism (swamij.com/dualism-nondualism.htm)
- Mindfulness and Concentration (swamij.com/mindfulnessconcentration.htm)

- Lead Me (swamij.com/lead-me.htm)
- Four Means and Six Virtues (swamij.com/sadhana-chatushtaya-shatsampat.htm)
- Modern Yoga versus Traditional Yoga (swamij.com/traditional-yoga.htm)
- What is Sanatana Dharma (swamij.com/sanatana-dharma-what-is.htm)
- Sanatana Dharma or Hinduism? (swamij.com/sanatana-dharma-hinduism.htm)
- Words "Hindu" and "Hinduism" (swamij.com/hindu-word.htm)
- Panchadasi (swamij.com/panchadasi.htm)
- Purna, Invocation to Ishopanishad (swamij.com/upanishad-isha-purna.htm)
- Ashtavakra Gita (swamij.com/ashtavakra-gita.htm)
- Twenty Four Gurus (swamij.com/twenty-four-gurus.htm)
- Shiva Sutras (swamij.com/shiva-sutras.htm)
- Hatha Yoga Pradipika (swamij.com/hatha-yoga-pradipika.htm)
- Amrita Gita (swamij.com/amrita-gita.htm)
-

Tripura

- Tripura Upanishad (swamij.com/upanishad-tripura.htm)
- Bahvricha Upanishad (swamij.com/upanishad-bahvricha.htm)
- Tripura Tapini Upanishad (swamij.com/upanishad-tripura-tapini.htm)
- Saundaryalahari (swamij.com/saundaryalahari.htm)

Upanishads

- Upanishads Overview (swamij.com/upanishads.htm)
- Mandukya Upanishad (swamij.com/mandukya-upanishad.htm)
- Gaudapada's Karika (swamij.com/upanishad-mandukya-karika.htm)
- Isha Upanishad (swamij.com/upanishad-isha.htm)
- Isha Upanishad Invocation (swamij.com/upanishad-isha-purna.htm)
- Katha Upanishad (swamij.com/upanishad-katha.htm)
- Chandogya Upanishad (swamij.com/upanishad-chandogya.htm)
- Brihadaranyaka Upanishad

Shankara

- Atma Bodha (swamij.com/shankara-atma-bodha.htm)
- The Song of the Self (swamij.com/shankara-atma-shatakam.htm)
- Siddhanta Tattva Vindu (swamij.com/shankara-siddhanta-tattva-vindu.htm)
- Sadhana Panchakam (swamij.com/shankara-sadhana-panchakam.htm)
- Bhaja Govindam (swamij.com/shankara-bhaja-govindam.htm)
- Aparokshanubhuti (swamij.com/shankara-aparokshanubhuti.htm)

- Panchikaranam (swamij.com/shankara-panchikaranam.htm)
- Vakya Sudha (swamij.com/shankara-vakya-sudha.htm)
- Vakya Vritti (swamij.com/shankara-vakya-vritti.htm)
- Vivekachudamani, Translation 1 (swamij.com/shankara-vivekachudamani.htm)
- Vivekachudamani, Translation 2 (swamij.com/shankara-crest-jewel.htm)
-

Yoga and Religion

- Is Yoga a Religion? (swamij.com/religion.htm)
- Yoga and Institutional Religion swamij.com/yoga-institutional-religion.htm)
- Philosophy, Not Religion (swamij.com/swami-rama-philosophy-not-religion.htm)
- Yoga and the Words "Hindu" and "Hinduism" (swamij.com/hindu-word.htm)
- Indic Contribution Towards Understanding the Word Religion (swamij.com/religion-indic-sharma.htm)
- Mysticism, Yoga, and Religion (swamij.com/mysticism-yoga-religion.htm)
- Yoga and Institutional Religion (swamij.com/yoga-institutional-religion.htm)
- Yoga and Christianity: Loving with All Your Parts (swamij.com/yoga-christianity.htm)
- Christian clergy promoting Yoga (swamij.com/christian-yoga.htm)
- YouTube Can a Christian practice Yoga? (youtube.com/yogabindu)

Books by Swami Rama

Following are several recommended books by Swami Rama. Although he wrote many books, these form a complete study of the principles and practices he was trying to communicate. Make your notes in your notebook and discuss with your guide. Then check off the individual chapters. You may wish to go through a whole book at a time, or choose a chapter from any of the books, slowly completing them all over time.

For each of the chapters write in your notebook the book title and a heading for that chapter, such as "Art of Joyful Living, Chapter 1, Knowing Yourself". You might want to underline that for clarity.

Make a brief (preferably one line) note for each point that strongly captures your attention such as: 1) something you want to remember (such as "Control space to control time, page 1."), 2) a general topic name (such as "time, space, and causation"), 3) a question you have (such as "What is 'chitta' in relation to knowing myself?")

Start your note by writing the page number on the left side of the page of your notebook. Write the note itself to the right or below that page number notation.

Review your notes with your guide or coach in personal a one-to-one session, face-to-face group conversation, by telephone, in an online discussion meeting, or by Skype (preferably video).

On the right side of your notebook write the amount of time you spent on this learning task so that you will be able to keep a running total for documentation and certification of your studies and practices.

When the notebook page is full, add up the times and write it in the lower right hand corner, than add a slash mark ("/") and put the total of this page and the running total from the previous page. For example, if this page has 10 hours of study and practice and the running total from the previous page was 320 hours, you would write "10/330" in the bottom right of the current notebook page.

Art of Joyful Living

- Chapter 1: Knowing Your Own True Self
- Chapter 2: Positive Living and the Transformation of Your Habit Patterns
- Chapter 3: Perfecting the Personality
- Chapter 4: The Nature of Negative Emotions
- Chapter 5: Transcending Desires and Purifying Samskaras
- Chapter 6: Developing Strength and Willpower
- Chapter 7: Memory
- Chapter 8: Developing Intuition and the Wisdom of Buddhi
- Chapter 9: Spirituality in Loving Relationships
- Chapter 10: Learning to Be Your Own Therapist
- Chapter 11: Parenthood and the Spiritual Path
- Chapter 12: Understanding the Process of Meditation

Book of Wisdom -- Ishopanishad

- Introduction
- Chapter 1: Book of Life
- Chapter 2: Search for Life
- Chapter 3: Triangle of Life
- Chapter 4: Mind and Sadhana
- Chapter 5: Upanishads and Vedanta
- Chapter 6: Introduction to the Ishopanishad
- Chapter 7: Ishvasyopanishad, Invocation of Peace
- Chapter 8: First Pada
- Chapter 9: Second Pada
- Chapter 10: Third Pada
- Chapter 11: Fourth Pada

A Call to Humanity

- Chapter 1: The Existence of God
- Chapter 2: Religion and Dharma

- Chapter 3: Sadhana
- Chapter 4: Turning a New Leaf
- Chapter 5: Self-Realization
- Chapter 6: Humanism
- Chapter 7: Culture and Civilization
- Afterword

Choosing a Path

- Chapter 1: Preparation for Choosing a Path
- Chapter 2: Jnana Yoga -- The Path of Knowledge and Intellect
- Chapter 3: Bhakti Yoga -- The Path of Love and Devotion
- Chapter 4: Karma Yoga -- The Path of Action and Selfless Service
- Chapter 5: Raja Yoga -- The Path of Discipline and Meditation
- Chapter 6: Laya Yoga -- The Path of Fusion
- Chapter 7: Kundalini Yoga -- The Path of Primal Force
- Awakening Kundalini Through Hatha Yoga
- Awakening Kundalini Through Tantra Yoga
- Chapter 8: Conclusion

Conscious Living

- Chapter 1: A Personal Philosophy of Life
- Chapter 2: Four Primitive Fountains
- Chapter 3: The Body
- Chapter 4: The Breath
- Chapter 5: The Mind
- Chapter 6: Emotions
- Chapter 7: Love and Relationships
- Chapter 8: Prayer and Contemplation
- Chapter 9: Meditation and Selfless Action
- Appendix A: Diaphragmatic Breathing
- Appendix B: Yoga Nidra
- Appendix C: Agni Sara
- Appendix D: Sushumna Application

Enlightenment without God

- Awakening
- Mandukya Upanishad section
- Philosophy, Not Religion

- What God Is
- What is Brahman?
- Universality and the State Beyond
- Chapter 1:
- Chapter 2:
- Chapter 3:
- Chapter 4:
- Chapter 5:
- Chapter 6:
- Chapter 7:
- Chapter 8:
- Chapter 9:
- Chapter 10:
- Chapter 11:
- Chapter 12:

Lectures on Yoga

- Preface
- Chapter 1: What is Yoga?
- Chapter 2: Yama and Niyama
- Chapter 3: Asanas and Their Therapeutic Value
- Chapter 4: Pranayama
- Chapter 5: A Few Glimpses of Concentration
- Chapter 6: Mind and Its Analysis
- Chapter 7: What is Meditation?
- Chapter 8: Samadhi

Life Here and Hereafter

- Foreward
- Chapter 1: The Value of the Upanishads
- Chapter 2: The Kathopanishad
- Chapter 3: Imperatives for Spiritual Aspirants
- Chapter 4: The Good and the Pleasant
- Chapter 5: The Metaphysics of Death
- Chapter 6: What is Atman?
- Chapter 7: The Bliss Immortal
- Chapter 8: How to Realize the Real Self
- Chapter 9: The Source of Consciousness

- Chapter 10: The Terrestrial Plane Ephemeral
- Chapter 11: The Absolute and Its Relation to the Universe
- Chapter 12: The Nexus Between the Absolute and the Ego
- Chapter 13: The Kingdom of God is Within
- Chapter 14: The Human Body -- Palace of Atman
- Chapter 15: The Doctrine of Rebirth
- Chapter 16: What is Maya?
- Chapter 17: The Cosmic Tree
- Chapter 18: Liberation -- Here and Now
- Chapter 19: The Way of Yoga
- Appendix A: Signs of Impending Death
- Appendix B: The Path of Yoga

Love and Family Life

- Introduction: Why Are Families Important?
- Chapter 1: Creating a Loving Commitment
- Chapter 2: Developing Spiritual Intimacy
- Chapter 3: Children
- Chapter 4: The Stages of a Child's Growth
- Chapter 5: Attaining Spiritual Fulfillment
- Chapter 6: Questions and Answers

Meditation and Its Practice

- Preface
- Chapter 1: What is Meditation?
- Chapter 2: Preparation for Meditation
- Chapter 3: Meditative Postures
- Chapter 4: Meditation, the Mind, and Mantra
- Chapter 5: Breathing Practices
- Chapter 6: A Program for Progress in Meditation
- Chapter 7: Questions and Answers on the Practice of Meditation
- Appendix A: Relaxation Exercises
- Appendix B: Breathing Exercises

Om: The Eternal Witness

- Chapter 1: Introduction
- Chapter 2: Om, a Symbol, a Sound, a Word
- Chapter 3: The Waking Consciousness, Vaishvanara

- Chapter 4: The Dream State, Taijasa
- Chapter 5: The State of Deep Sleep, Prajna
- Chapter 6: Contemplation, Prayer and Repentance
- Chapter 7: The Fourth State, Turiya
- Chapter 8: Science of Mantra
- Chapter 9: A, U, M and Beyond
- Appendix A: Prana, the Link between Body and Mind
- Appendix B: Yoga Nidra
- Appendix C: Om Kriya

Path of Fire and Light, Volume 1

- Introduction
- Chapter 1: Preparation for Advanced Practices in Pranayama
- Chapter 2: The Practice of Pranayama
- Chapter 3: Swarodaya: The Science of Breath
- Chapter 4: Dhyana
- Chapter 5: The Awakening of Kundalini

Path of Fire and Light, Volume 2

- Chapter 1: The Philosophy of Life
- Chapter 2: Death and Transition
- Chapter 3: Transforming Negative Thought Patterns
- Chapter 4: Understanding the Mind and the States of Consciousness
- Chapter 5: Relationships
- Chapter 6: First Steps Toward Self-Transformation
- Chapter 7: Preparing Body and Breath
- Chapter 8: The Power of Determination and Will
- Chapter 9: The Science of Sound
- Chapter 10: Kundalini and the Chakras
- Chapter 11: Exercises
- Chapter 12: Conclusion

Perennial Psychology of the Bhagavad Gita

- Introduction
- Chapter 1: Arjuna's Despondency
- Chapter 2: The Way of Self Knowledge
- Chapter 3: The Yoga of Action
- Chapter 4: Knowledge of Renouncing Fruits

- Chapter 5: Knowledge of Renunciation and Action
- Chapter 6: The Path of Meditation
- Chapter 7: Knowledge of the Absolute in Its Entirety
- Chapter 8: Knowledge of the Eternal
- Chapter 9: Knowledge of the Royal and Secret Path
- Chapter 10: The Glorious Manifestations of the Lord
- Chapter 11: Yogic Vision
- Chapter 12: The Yoga of Devotion
- Chapter 13: Knowledge of the Field and the Knower
- Chapter 14: The Profound Knowledge of the Three Gunas
- Chapter 15: The Eternal Tree of Life
- Chapter 16: The Destiny of the Sages and of the Ignorant
- Chapter 17: Three Modes of Conviction
- Chapter 18: The Wisdom of Renunciation and Liberation

A Practical Guide to Holistic Health

- Introduction
- Chapter 1: What is Holistic Health?
- Chapter 2: Cleansing
- Chapter 3: Nourishing
- Chapter 4: Exercise
- Chapter 5: Being Still
- Chapter 6: Emotions
- Chapter 7: Self-Training

Sacred Journey

- Introduction
- Chapter 1: Kathopanishad
- Chapter 2: Nachiketa's Choice
- Chapter 3: The Treasure
- Chapter 4: Digging for Treasure
- Chapter 5: Learning to Die
- Chapter 6: Living on Purpose
- Chapter 7: Chains or Freedom
- Chapter 8: Paths of Freedom
- Chapter 9: Practice, Practice, Practice
- Chapter 10: Divine Grace
- Chapter 11: Life Hereafter

- Chapter 12: Mastery Over Death
- Chapter 13: Freedom From Attachment
- Chapter 14: Who Am I

Samadhi

- Chapter 1: The Ultimate Goal of Darshana is to See Reality
- Chapter 2: Now, Then and Therefore Yoga Discipline is Being Expounded
- Chapter 3: Yoga is a Science that Deals with Body, Breath, Mind, Soul, and Ultimately, the Universe Itself
- Chapter 4: Discipline Means Self-Commitment
- Chapter 5: Having Control Over Mind and Its Modifications, You Attain the Highest State of Wisdom, Samadhi
- Chapter 6: You are a Projection of That Which You Call Mind
- Chapter 7: Nirodhah Means to Cultivate, to Coordinate All the Aspects of Your Mind
- Chapter 8: Your Personality, Your Character, is Composed of Your Habits
- Chapter 9: Four Fountains; Become Aware of Your Habits
- Chapter 10: You are a Citizen of Two Worlds
- Chapter 11: The Root Cause of All Emotions is Desire
- Chapter 12: There are Five Categories of Thought Patterns; Some are Helpful and Some are Disturbing
- Chapter 13: Your Essential Nature is Peace, Happiness, and Bliss
- Chapter 14: You are Identifying Yourself with the Objects of the World, Forgetting Your True Nature
- Chapter 15: Practice Means to Awaken the Conscious
- Chapter 16: The Pull of the Strings of Attachment is Very Strong
- Chapter 17: Deserve First and Then Desire
- Chapter 18: Once the River has Met the Ocean, There is No Way of Going Back
- Appendix A: Sleep, Tumors
- Appendix B: Sleep Exercise, Counting Exercise, Visualization Exercise,

Books by Others

Philosophy of Hatha Yoga

- Preface
- Chapter 1: Watching the Mind Watching the Body
- Chapter 2: Worship
- Chapter 3: Karma Purification
- Chapter 4: The Whole Body Language

- Chapter 5: Kundalini -- The Coiled-Up Energy
- Chapter 6: Hatha Yoga: Gateway to the Subtle Body

Science of Breath

- Foreward
- Chapter 1: Why Breath?
- Chapter 2: Respiration and the Chest
- Chapter 3: Nasal Function and Energy
- Chapter 4: The Science of Prana

Seven Systems of Indian Philosophy

- Chapter 1: What is Indian Philosophy?
- Chapter 2: Buddhism: Transcendence of Suffering
- Chapter 3: Nyaya: Valid Knowledge Through Logical Criticism
- Chapter 4: Vaisesika: Analysis of the Aspects of Reality
- Chapter 5: Samkhya: A Dualistic Theory
- Chapter 6: Yoga: Practical Disciplines for Knowing the Self
- Chapter 7: Mimasa: Freedom Through the Performance of Duty
- Chapter 8: Vedanta: The Philosophy of Monism

Shakti Sadhana (Tripura Rahasya)

- Introduction by Swami Rama
- Chapter 1: The Quest of Parasurama and the Grace of Gurudeva Dattatreya
- Chapter 2: Sage Parasurama Makes Queries and His Gurudeva Replies
- Chapter 3: The Meeting of Hemacuda and Hemalekha
- Chapter 4: The Awareness of Hemacuda
- Chapter 5: The Helplessness of Hemacuda and the Wondrous Sermon Given by Hemalekha
- Chapter 6: The Doubts of Hemacuda and the Teaching of Hemalekha on Firm Faith
- Chapter 7: Contemplation and Different Methods of Worship
- Chapter 8: The Dialogue Between Sage Hemalekha and Hemacuda Continues
- Chapter 9: After the Sermon Given by Hemalekha, Hemacuda Attains Enlightenment
- Chapter 10: With the Teaching of Hemalekha, the Whole City Becomes Wise
- Chapter 11: The Nature of the Universe is Explained
- Chapter 12: The Immense Powers of Yoga
- Chapter 13: The Young Yogi Imparts the Knowledge of Atman to the Grieving Mahasena

- Chapter 14: Sankalpa Sakti and the Way to Attain It
- Chapter 15: The Awareness of Consciousness and the Lesson Given to Astavakra
- Chapter 16: The Dialogue Between King Janaka and Sage Astavakra
- Chapter 17: The Method of Sadhana Explained by King Janaka and the Analysis of Self-Realization
- Chapter 18: Dattatreya Elaborates on the Dialogue on Knowledge Between King Janaka and Astavakra
- Chapter 19: The Dialogue Between the Great Seer Dattatreya and the Sage Parasurama on the Various States of the Realized Ones
- Chapter 20: The Appearance of Sri Tripura Sundari and Her Teaching
- Chapter 21: The Means of Attaining Knowledge, the Signs of Attainment, and the Dialogue Between Hemangada and the Brahmaraksasa
- Chapter 22: The Resolution of Vasuman's Questions and the Summary of the Scripture

The Tradition of the Himalayan Masters

- Chapter 1: Origin and Development of the Tradition
- Chapter 2: Sanatkumara
- Chapter 3: Vashishta
- Chapter 4: Dattatreya
- Chapter 5: Parashurama
- Chapter 6: Shankaracharya
- Chapter 7: Vidyananya Yati
- Chapter 8: Madhusudana Saraswati
- Chapter 9: Swami Rama of the Himalayas
- Chapter 10: Putting the Teachings in Perspective

Videos by Swami Rama

For each of the lectures write in your notebook a heading for that video, such as "Yoga Sutras, Lecture 1". You might want to underline that for clarity.

Make a brief (preferably one line) note for each point that strongly captures your attention such as: 1) something you want to remember (such as "highest tantra is samaya"), 2) a general topic name (such as "guru chakra"), 3) a question you have (such as "What does he mean by _____?")

Start your note by writing the minute number of the video on the left side of the page of your notebook. Write the note itself to the right or below the time notation.

Review your notes with your guide or coach in personal a one-to-one session, face-to-face group conversation, by telephone, in an online discussion meeting, or by Skype (preferably video).

On the right side of your notebook write the amount of time you spent on this learning task so that you will be able to keep a running total for documentation and certification of your studies and practices.

When the notebook page is full, add up the times and write it in the lower right hand corner, than add a slash mark ("/") and put the total of this page and the running total from the previous page. For example, if this page has 10 hours of study and practice and the running total from the previous page was 320 hours, you would write "10/330" in the bottom right of the current notebook page.

How to Tread the Path of Superconscious Meditation

- How to Tread the Path of Superconscious Meditation

Ishopanishad

- Ishopanishad, Lecture 1
- Ishopanishad, Lecture 2
- Ishopanishad, Lecture 3
- Ishopanishad, Lecture 4
- Ishopanishad, Lecture 5
- Ishopanishad, Lecture 6
- Ishopanishad, Lecture 7
- Ishopanishad, Lecture 8

Mandukya Upanishad

- Mandukya Upanishad, Lecture 1
- Mandukya Upanishad, Lecture 2
- Mandukya Upanishad, Lecture 3
- Mandukya Upanishad, Lecture 4
- Mandukya Upanishad, Lecture 5
- Mandukya Upanishad, Lecture 6
- Mandukya Upanishad, Lecture 7
- Mandukya Upanishad, Lecture 8

Mundaka Upanishad

- Mundaka Upanishad, Lecture 1
- Mundaka Upanishad, Lecture 2
- Mundaka Upanishad, Lecture 3
- Mundaka Upanishad, Lecture 4
- Mundaka Upanishad, Lecture 5
- Mundaka Upanishad, Lecture 6
- Mundaka Upanishad, Lecture 7
- Mundaka Upanishad, Lecture 8

Yoga Sutras

- Yoga Sutras, Lecture 1
- Yoga Sutras, Lecture 2
- Yoga Sutras, Lecture 3
- Yoga Sutras, Lecture 4
- Yoga Sutras, Lecture 5
- Yoga Sutras, Lecture 6
- Yoga Sutras, Lecture 7
- Yoga Sutras, Lecture 8

Saundaryalahari (Sri Vidya)

- Saundaryalahari, Lecture 1
- Saundaryalahari, Lecture 2
- Saundaryalahari, Lecture 3
- Saundaryalahari, Lecture 4

Upanishads

- Upanishads Overview (swamij.com/upanishads.htm)
- Brihadaranyaka
- Chandogya
- Ishopanishad
- Katha
- Mandukya Upanishad
- Mundaka Upanishad
- Prasna

Yoga Sutras

Following are articles on the Yoga Sutras, as well as the 39 clusters/blocks of sutras as categorized on SwamiJ.com. Make your notes in your notebook and discuss with your guide. Then check off that one of the 39 clusters.

For each of the 39 blocks write in your notebook a heading for that section, such as "1.1-1.4: What is Yoga?". You might want to underline that for clarity.

Make a brief (preferably one line) note for each point that strongly captures your attention such as: 1) something you want to remember (such as "anushasanam means discipline"), 2) a general topic name (such as "nirodhah"), 3) a question you have (such as "What does it mean to say that the 'seer' rests in its true nature?")

Start your note by writing the individual sutra number on the left side of the page of your notebook. Write the note itself to the right or below that sutra notation.

Review your notes with your guide or coach in personal a one-to-one session, face-to-face group conversation, by telephone, in an online discussion meeting, or by Skype (preferably video).

On the right side of your notebook write the amount of time you spent on this learning task so that you will be able to keep a running total for documentation and certification of your studies and practices.

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Articles on Yoga Sutras

- Introduction to the Yoga Sutras (swamij.com/yoga-sutras-intro.htm)
- 7 Keys to Practice (swamij.com/yoga-sutras-keys.htm)
- Q@A on Yoga Sutras (swamij.com/yoga-sutras-questions.htm)
- Patanjali, Codifier of Yoga Sutras (swamij.com/yoga-sutras-patanjali.htm)

39 Clusters of Yoga Sutras

- 1.1-1.4: What is Yoga?
- 1.5-1.11: Uncoloring Your Thoughts
- 1.12-1.16: Practice and Non-attachment
- 1.17-1.18: Types of Concentration
- 1.19-1.22: Efforts and Commitment
- 1.23-1.29: Direct Route through AUM
- 1.30-1.32: Obstacles and Solutions
- 1.33-1.39: Stabilizing and Clearing the Mind
- 1.40-1.51: After Stabilizing the Mind
- 2.1-2.9: Minimizing Gross Colorings
- 2.10-2.11: Dealing with Subtle Thoughts
- 2.12-2.25: Breaking the Alliance of Karma
- 2.26-2.29: Reason for the Eight Rungs
- 2.30-2.34: Yamas and Niyamas
- 2.35-2.45: Benefits from Yamas and Niyamas
- 2.46-2.48: Asana
- 2.49-2.53: Pranayama
- 2.54-2.55: Pratyahara
- 3.1-3.3: Dharana, Dhyana, and Samadhi
- 3.4-3.6: Samadhi is the Finer Tool

- 3.7-3.8: Internal is Seen to be External
- 3.9-3.16: Witnessing Subtle Transitions
- 3.17-3.37: Experiences from Samyama
- 3.38: What to do with Experiences
- 3.39-3.49: More from Samyama
- 3.50-3.52: Renunciation that brings Liberation
- 3.53-3.56: Higher Discrimination through Samyama
- 4.1-4.3: Means of Attaining Experience
- 4.4-4.6: Advanced Use of Mind
- 4.7-4.8: Actions and Karma
- 4.9-4.12: Subconscious Impressions
- 4.13-4.14: Objects and the 3 Gunas
- 4.15-4.17: Mind Perceiving Objects
- 4.18-4.21: Illumination of the Mind
- 4.22-4.26: Buddhi and Liberation
- 4.27-4.28: Breaches in Enlightenment
- 4.29-4.30: Perpetual Enlightenment
- 4.31: Knowables are Few
- 4.32-4.34: Gunas after Liberation

Podcasts

- The student rejoices from Self-Realization
- Beginning, Intermediate and Advanced Meditation
- The Secret of Shiva and Shakti
- Money, Sex, Fame, Health, Self and Yoga
- Who's Driving Your Chariot?
- Religion, Mysticism and Yoga
- Stages of Meditation, Subtle Experiences, Obstacles to Meditation
- Meditation on Saguna (Form) and Nirguna (Formless), Knowledge and Devotion
- Transitions: New Years and New Moments in Life and Meditation
- Yoga and Institutional Religion
- Two Kinds of Prayer
- Shakti, Kundalini, and the River of Tantra Yoga Meditation
- First Cause no Harm

- Theism, Atheism, NonDualism, Contemplation and Shaktipat
- Sermon on the Mount, Nondualism, and Yoga Vedanta
- The Million Dollar Question of Nondual Yoga Vedanta Meditation
- Developing determination for enlightenment
- When spiritual practices have lost their luster

You Tube videos

- Om, Mandukya Upanishad
- Meditation Visualized
- Advaita, Nondualism
- Sanatana Dharma
- Money, Sex, Fame, Health, Self and Yoga
- Diaphragmatic breathing
- Diaphragmatic breathing animation
- Mantra
- Mantra Ear
- No break
- What if one day?