

Talks and Contemplations on Spiritual Unity (Yoga)

Primer on variety of aspects of our existence – from spiritual to physical

Growing Inward – Transcend

Finding the Questions

1. Where is the inward?
2. Does the whole of our spirit reside in our bodies?
3. Rooting upwards!
4. Continuation of the Spirit – Connection (or not) with my predecessors.
5. Is talent inherited? From where?
6. View of Reality by Mystics and Scientists
7. Chakras – Yin and Yang of Chakras
8. Chakras – Two-Way Channels
9. Chakras – Body and Spirit Powerhouses
10. Nadis of Swara Yoga
11. Self Without 'me'
12. Loneliness of Ego
13. Consciousness Levels – Transcending the Perceiver
14. Emptiness and Impermanence
15. Meditation – Training the Mind
16. Meditation – Planting the Seeds
17. Mindfulness – The Way to Remember
18. Mindfulness and Mind
19. Mindfulness and Equanimity
20. Equanimity – Expression of Love
21. Quantum of Spirituality
22. Inner Witness or an Outer Witness
23. Unexpected Life -Being Lived
24. Towards the Mindless Mind
25. Daily Rituals as Barriers
26. Boundaries of Mind
27. Poetry of Subconscious
28. Stages of Consciousness
29. Self – The Teacher of Union or The Union
30. Your Life – The Self-Imposed Prison
31. Quantum Physics Primer
32. Metta – Difficulties with Lovingkindness
33. Reasons Why We Suffer

34. Impermanence of Where We Are
35. Impermanence of Here and Now.
36. Dreamtime and Consciousness Levels
37. Levels of Evolved Consciousness and Koshas
38. Perennial Philosophies of Rishis and Scientists
39. Spiritual View of Asana Practice
40. Ego View of Asana Practice
41. 8 Elements of Body
42. 8 Elements of Spirit
43. Daily Active Meditation
44. Participatory Universe Theories
45. Entanglement Within Oneness
46. Who hear, sees, feels, ...
47. Our Journey Here and Elsewhere
48. Perceptions of Limits vs. Limits of Perceptions
49. Daily Sankalpa
50. Sankalpa Meditation
51. From Chan to Zen
52. Zen Stories
53. Koans
54. Very Brief History of Yoga
55. To 'Yin' or not to 'Yin'
56. Creative Yin Yoga – New Postures
57. Shavasana – Journey Beyond
58. Shavasana – Entry to Yoga Nidra
59. Upanishads – Selected Parts
60. Bhagavad Gita – Selected Parts
61. Tao te Ching – The Art of Living
62. Tao te Ching – The Yin Journey
63. Yoga Sutras – Selected Parts
64. Teaching by Not Teaching
65. Silence as an Incubator