

Table of Contents

Volume Two – The Advanced Practice of Meditation

CONTENTS	PAGE
Introduction to Advanced Meditation Practice	i–ii
Editor’s Introduction to the Third Edition	iii–iv
Chapter 11– Advanced Tratakam and Breathing. Preparing for the Greater Work.	1–12
Chapter 12 – Advanced Raja Yoga	13–40
Chapter 13 – Meditation on the Guide (Dhyan Yoga)	41–48
Chapter 14 – Advanced Mantra Yoga	49–58
Chapter 15 – Developing the Higher Will. Attunement Meditation.	59–84
Chapter 16 – Advanced Jnana Yoga Meditation	85–96
Chapter 17– Advanced Vipassana	97–104
Chapter 18– Advanced Nada Yoga. Developing Bhakti.	105–110
Chapter 19 – Advanced Transformation Techniques	111–128
Chapter 20 – A Vision of the Goal.	129–140

CONTENTS	PAGE
ADDENDUM	
Introduction to the Addendum	141
What Is the Axis of Being?	142-144
Vehicles of Consciousness (Swarupa)	144-147
Advanced Vehicular Monitoring	147-151
Turning on Inner Vision and Hearing	151-152
Symbols of Attainment on the Spiritual Path	152-154
Affirmation, Prayer, and Attunement Meditation: Their Role in Promoting Inner Change	154-159
Seven Patterns of Attentional Interface with the Ensouling Entity	159-161
The Crown of Purpose	161-164
The White Lotus of Immortality	165-167
The Seven Life Patterns	168-170
What Is Mantramic Co-Resonance and How Does It Work?	170-172
Transformation: Mechanisms of Reduction of Intrapsychic Elements	172-176
On Divine Gifts and the Treasure of Devotion	177-179
The Spiritual Switchboard	179-182
POSTSCRIPT	183-188
GLOSSARY	189-202