

I. Understanding the Journey

1. The Importance of Union, the Yoga (10 mins)
2. How do you benefit through this awakening? (10 mins)
3. Your Chakras & Your Inner Well Being (10 mins)
4. Emptying the Mind: How to Get It? (10 mins)
5. Sahaja: Ancient Method, Modern Application (10 mins)
6. Self-Realization Guided Meditation (23 mins)

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