



All the techniques introduced and practiced in *Tantra Shakti*(TS), *Vinyasa Krama* (VK), *Secret of the Sutras* (YS) and *Prana Shakti* (PS) are listed below in the context of the Seven Components for Awakening *Kundalini*. A practice appears more than once if its effects impact more than one of the seven Components.

Continuity (*Santati*)

Antahkarana Meditation(YS)

Cave of the Heart *Kriya* Meditation (YS)

Light in the Heart, Clear Blue Sky (VK)

Meditation on *Sutra* 3:50: Distinguishing Between *Sattvic Buddhi* & *Purusha* (YS)

Self-Healing *Kriya* (PS)

Sri Dharma Suktam Contemplations (TS)

Transform Negativity *Kriya* (PS)

Unconditional Healing Meditation (PS)

Clear Seeing (*Viveka*)

Antahkarana Meditation (TS,YS)

Bhuta Shuddhi (TS)

Chakra Bedhana Kriya (PS)

Chidakasha (YS)

Color Purification Technique (PS)

Heart *Kriya* (VK)

Krama—Inhale or Exhale (PS)

Light in the Heart, Clear Blue Sky (VK)

PRANA SHAKTI



Meditation on the Breath, So Hum (VK)

Meditation on *Sthiti* (YS)

Meditation on *Sutra 3:50*—Distinguishing Between Sattvic *Buddhi* & *Purusha* (YS)

Meditation on Celestial Sound by Concentrating at the Root of Tongue (YS)

Nishta Dharana (VK)

Prachhardharana/Vidharana (YS)

Pure Breathing (VK)

Sitali (VK)

Still Lake Of The Mind (TS)

Supine Complete 4 Part Breath (VK)

Third Eye Kriya (VK)

Transform Negativity Kriya (PS)

Ujjayi (VK)

Unconditional Healing Meditation (PS)

Vichara (YS)

Witness Consciousness—Contemplation on a Stressful Circumstance
Before and After Practice (YS)

PRANA SHAKTI



Concentrated Energy (*Prana Dharana*)

Anuloma Viloma (TS)

Bhramari (TS)

Chakra Bedhana Kriya (PS)

Color Purification Technique (PS)

Four-Part Spinal *Kriya* (TS)

Inner Space *Pranayama* (YS)

Krama (Inhale or Exhale) (PS)

Nishta Dharana (VK)

Padirsasana (TS)

Pran Vayu Kriya (VK)

Prana Shuddhi Stage II (PS)

Pranayama Mudras (PS)

Self-Healing *Kriya* (PS)

Stages of *Prana Dharana* (TS):

- *prana shuddhi*
- *prana anusandhana*
- *prana sanchaya*
- *prana prasara*

Third Eye *Kriya* (VK)

Tretabandha Meditation (PS)

Unconditional Healing Meditation (PS)

Vayu Mudras for Meditation (PS)

PRANA SHAKTI



Sacred Channel (*Sushumna*)

Bhuta Shuddhi (TS)

Chakra Bedhana Kriya (PS)

Color Purification Technique (PS)

Four-Part Spinal Kriya (TS)

Maha Mudra (VK)

Nadi Shodhana (VK)

Padirsasana (TS)

Prana Shuddhi Stage II (PS)

Pratiloma (TS)

Sukhasana with Retention Focus at *Muladhara* (TS)

Sway the Spine Meditation into *Sushumna* (TS)

Silver Thread Meditation (PS)

Three-Part OM Kriya (VK)

Divine Fire (*Rudrani*)

Long Exhale or Inhale Holds (VK)

Maha Mudra (VK + TS)

Nishta Dharana (VK)

Transform Negativity Kriya (PS)

Uddiyana Bandha (VK)

PRANA SHAKTI



Non-Dual (Advaita)

Cave of the Heart Kriya Meditation (YS)

Meditation on *Sutra 3:50*—Distinguishing Between *Sattvic Buddhi* & *Purusha* (YS)

Ishwara Pranidhana (TS, YS)

Meditation on the Breath, “*So Hum*” (VK + TS)

5 Steps to *Mantra* (VK)

Light in the Heart, Clear Blue Sky (VK)

Love/Devotion (Bhakti)

Cave of the Heart Kriya Meditation (YS)

Ishwara Pranidhana (TS, YS)

Heart Kriya (VK)

Five Steps to *Mantra* (VK)

Light in the Heart, Clear Blue Sky (VK)

Mantra Japa (VK, TS, YS)

Sri Dharma Suktam (TS)

Unconditional Healing Meditation (PS)

PRANA SHAKTI