



All the techniques introduced and practiced in *Vinyasa Krama* (VK), *Tantra Shakti* (TS) and *Secret of the Sutras* (YS) 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)
Meditation on *Sutra* 3:50: Distinguishing Between *Sattvic Buddhi* & *Purusha* (YS)
Light in the Heart, Clear Blue Sky (VK)
Sri Dharma Suktam Contemplations (TS)

Clear Seeing (*Viveka*)

Vichara (YS)
Antahkarana Meditation (TS, YS)
Prachhardharana/Vidharana Meditation on *Sthiti* (YS)
Meditation on Celestial Sound by Concentrating at the Root of Tongue (YS)
Chidakasha (YS)
Meditation on *Sutra* 3:50: Distinguishing Between *Sattvic Buddhi* & *Purusha* (YS)
Witness Consciousness—Contemplation on a Stressful Circumstance Before and After Practice (YS)
Still Lake Of The Mind (TS)
Bhuta Shuddhi (TS)
Pure Breathing (VK)
Ujjayi (VK)
Supine Complete 4 Part Breath (VK)
Maha Mudra (VK)
Sitali (VK)
Meditation on the Breath, *So Hum* (VK)
3rd Eye Kriya (VK)
Nishta Dharana (VK)



Light in the Heart, Clear Blue Sky (VK)

Heart Kriya (VK)

Concentrated Energy (*Prana Dharana*)

Inner Space *Pranayama* (YS)

Bramuri (TS)

Padirsasana (TS)

4-Part Spinal Kriya (TS)

Anuloma Viloma (TS)

Stages of *Prana Dharana* (TS):

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

3rd Eye Kriya (VK)

Nishta Dharana (VK)

Pran Vayu Kriya (VK)

Sacred Channel (*Sushumna*)

Sukhasana with retention focus at *Muladhara* (TS)

Sway The Spine Meditation into *Sushumna* (TS)

Padirsasana (TS)

Bhuta Shuddhi (TS)

4-Part Spinal Kriya (TS)

Nadi Shodhana (VK)

Maha Mudra (VK)

Pratiloma (TS)

3-Part OM Kriya (VK)



Divine Fire (*Rudrani*)

Uddiyana Bandha (VK)
Maha Mudra (VK + TS)
Nishta Dharana (VK)
Long Exhale or Inhale Holds (VK)

Non-Dual (*Advaita*)

Cave of the Heart *Kriya* Meditation (YS)
Meditation on *Sutra* 3:50: Distinguishing Between Sattvic *Buddhi* & *Purusha* (YS)
Ishwara Pranidhana (TS)
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)
Sri Dharma Suktam (TS)
Mantra Japa (VK + TS + YS)
Light in the Heart, Clear Blue Sky (VK)
5 Steps to *Mantra* (VK)
Heart *Kriya* (VK)