



CONTENTS

1. HAPPINESS IS ALL WE WANT	1
2. BASIC YOGIC PSYCHOLOGY	5
3. THE HERO OF THE PATH	10
4. CONFIDENCE	17
5. HARMONIOUS ACTION	26
6. TREASURES & IMPEDIMENTS	31
7. CLASSICAL DON'TS	35
8. NO VIOLENCE	38
9. NO LIES	41
10. NO STEALING	45
11. NO POSSESSING	47
12. NO SENSORY ATTACHMENTS	50
13. CLASSICAL DO'S	55
14. CONTENTMENT	58

15. PURIFICATION	69
16. HARD PRACTICES	77
17. SELF-STUDY	80
18. SURRENDER.....	87
19. MANTRA RECITATION	101
20. SHARING	105
21. MASSAGE	112
22. ARTS & MUSIC	114
23. FOOD FASTING	119
24. SPEECH FASTING	131
25. SLEEP FASTING.....	137
26. EMOTIONAL FASTING.....	142
27. CONCLUSION	150
ON COACHING & HEALING.....	152
ABOUT THE AUTHOR	154
THE SAMADHI HANDBOOK	156
ONLINE RESOURCES	160