



CONTENTS

1. A SENSE OF HAPPINESS	1
2. BASIC YOGIC PSYCHOLOGY	5
3. THE PROCESS OF MEDITATION	15
4. THE SENSORY REALITY	20
5. THE FIVE SENSES	24
6. INNER & OUTER SENSES.....	41
7. SENSES & ELEMENTS	45
8. DESIRES OF THE CHAKRAS.....	52
9. RESTRAINT.....	56
10. NON-ABSTENTION	58
11. SENSORY ATTACHMENTS.....	59
12. SENSORY WITHDRAWAL.....	68
13. WORKING WITH SMELL	72
14. WORKING WITH TASTE.....	75

15. WORKING WITH SIGHT.....	89
16. WORKING WITH TOUCH.....	97
17. WORKING WITH SOUND	107
18. OBSERVING THE SENSES.....	132
19. RITUALS, STORIES & CHANTS	136
20. MINDFULNESS	146
21. CENTERS OF INNER SPACE	150
22. USING THE INNER SENSES.....	163
23. PRANIC VISUALIZATION	170
24. CONCLUSION	180
ON COACHING & HEALING.....	183
ABOUT THE AUTHOR	185
THE SAMADHI HANDBOOK.....	187
ONLINE RESOURCES	191