

## ENCYCLOPEDIA OUTLINE FOR DYNAMIC BALANCED LIVING

These books are the results of Shanti's teaching and life experiences, using logical inquiry, scientific study, practice, introspection and intuition. The books are concise and offer direct meditative statements (Sutras).

The nine books of the Encyclopedia should be kept in a place where all members of the household may have easy access to them. They cover all practical topics and provide guidance in daily life. One may read a page or a paragraph as a food for thought. The Encyclopedia provides the opportunity to study any topic in detail.

### ABBREVIATION FOR BOOKS

Ho	Yoga, Holistic Practice Manual	1976
Ha	Hatha Yoga Practice Manual	1977
Me	Meditation Practice Manual	1981
Re	Reality, Here and Now	1996
Se	Self - I, Me, Mine, Ours	2002
Dy	Dynamic Balanced Living	2004
Dy-Me	Dynamic Meditation for Living	2006
Dy-Qu	Dynamic Quantum Transformation	2007
	Personal to Global Transformation	2007
	<i>(This book has entire chapters for guidance on major topics)</i>	

Page numbers are indicated in the bracket ( )

### PRACTICES

#### *Eight Steps of Raja Yoga:*

*Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana and Samadhi.*

#### Harmonize With the World

*(Moral conduct and conscious living with awareness and introspection)*

**Moral conduct (Yama and Niyama)** - Ho(18- 24)

**Personal Duty (Dharma/Swa-Dharma)** - Se(51,52)

**Spiritual Discrimination (Viveka)** - Se(12- 21)

**Non-Attachment/Renunciation (Vairagya)** - Ho(33-37) Me(122-131) Se(22,64,65) Dy-Me(65)

**Desire for Liberation (Mumuksha/Moksha)** - Re (48,62) Se (31,32)

## Harmonize the Body & Energy With Hatha Yoga

**Diet** - Ho(165- 193)

**Vegetarian Recipes** - Ho(204-222)

**Yoga Positions:**

**Guidance for Postures (Asanas)** - Ho(38- 42) Ha(1-4)

**Benefits of Postures** - Ho(42-45) Ha (4-8)

**Illustration of Postures** - Ha(15-64)

**Breathing (Pranayama)** - Ho(59-72) Ha(11,12)

**Prana** - Ho(59,171) - Ha(11,12) Se(75) Dy-Me(29)

**Cleansing (Shad kriyas)** - Ho(199-203) Ha(8-11)

**Fasting** - Ho(194-198)

**Relaxation** - Ho(73-78)

## Harmonize the Mind With Sense Control & Concentration

**Sense Withdrawal (Pratyahara)** - Ho(27) Me 65- 68) Se(13,14)

**Concentration (Dharana)** - Ho(27,28) Me(68- 73)

**Prayers** - Me(34- 44)

**Affirmation** - Ho(235- 247) Dy(31) Se(87) Dy-Me(40-42) Dy-Qu(68,69)

**Introspection** - Se(65) Dy(5) Dy-Me(52)

**Self Inquiry** - Ho(137-140) Me(76-80) Dy(28-31)

**Vipashyana** - Se(83,84) Dy-Me(32-37)

## Transcend the Mind With Meditation (Dhyana & Samadhi)

**Passive (Nishkriya )Meditation:** *Quiet sitting meditation, involving going within to reach innermost Self (Atman) which is a spark of God (Brahman)*

**Purpose** - Me(1-4) Dy-Me(4-6,8)

**Preparation** - Me(26-30) Se(70-73)

**Mechanism:**

**Remove Conditioning, Illusions & Escapes** - Dy(13-18)

**Brahman-Self –Aum (I, Me, Mine, Ours)** - Dy(28-30) Se(91) Dy-Qu(38-40)

**Negation & Affirmation** - Se(87) Dy(31) Dy-Me(40-42) Dy-Qu(68,69)

**Three bodies, Five Sheaths** - Ho(135-137) Me(76) Re(29) Se(10,11)

**Field of Purusha and Prakriti** - Re (34,38)

**Direction of Transformation** - Dy-Qu(18-20)

**Process** - Me(7,8) Re(36-38) Dy-Me(12,13) Dy-Qu(36,37)

**Practices** - Ho(82-90) Me(64-73) Re(39-45) Se(76-86) Dy(24-26) Dy-Me(25-44)

**Experiences** - Me(9) Dy-Me(23-25) Dy-Qu(40,41)

**Obstacles** - Me(24,25) Dy-Me(17) Dy-Qu(37,38)

**Aids** - Me(11 to23) Re(49 to 51) Dy-Me (16)

**Benefits** - Me(10) Re(52 to54) Dy-Me(18,19)

**Active (Sakriya) Meditation:** *Applied meditation in daily life, expanding outward until the ego dissolves, experiencing the creation of God as an extension of your own being*

**Techniques** - Me(87-91) Re(46-48) Dy-Me(43-52)  
**Raja Yoga** - Ho(17-37)  
**Gnana Yoga** - Ho(129-142) Me(74-81)  
**Karma Yoga** - Ho(152-161) Me(87-89)  
**Bhakti Yoga** - Ho(91-98) Me(32-63)  
**Mantra Yoga** - Ho(99- 119) Me(45-63)  
**Surrender Yoga** - Me(82-87) Ho(120-123) Se(60,61)  
**Self Analysis** - Ho(137-140) Me(79-81) Dy(28-31)

### **INTROSPECTION**

**Wake Up- Know Thyself** - Re(1,2) Se (3,66)  
**Introspection** - Se (65) Dy(5) Dy-Me(52)  
**Primary And Secondary Goals** - Dy(5 to7) Dy-Qu(61,62)  
**Balance, Dynamic Approach, Set Priorities** - Re(3-12) Dy(5-17)  
**Self Inquiry** - Ho(137-140) Me(76-80) Dy(28- 31)  
**Four stages of life and four attainments in life** - Ho(156) Se(46,50)  
**Goal Of Life** - Dy-Me(6,7)  
**Spiritual Journey** - Ho(5) Se(10,11)

### **PHILOSOPHY**

**Three Bodies, Five Sheaths** - Ho(135- 137) Me(76) Re(29) Se(10,11)  
**Aum** - Ho(108- 111) Re (24,25) Dy-Qu(16,17)  
**Brahman :Universal God** - Re(56,57) Se(33- 36)  
**Creation –Evolution** - Re(15-23)  
**Vedanta** - Ho(13) Dy-Qu(28-31)  
**Maya, Vedanta** - Re(26,27,61) Se(8,90) Dy (24,25)  
**Ishvar Bhagwan** - Re (30,55,56)  
**Prakriti** - Re(28,62)  
**Jagat** - Re(24,59) Dy(24,25) Dy-Qu(16,17)  
**Yugas-Cosmology** - Re(31-33)  
**Yugas-Avataras** - Se(38- 44)  
**Astral Travel** - Ho(86) Re(45) Se(81)  
**Karma, Sanskara, Dharma** - Re(57, 63) Se(45-52)  
**Swa-Dharma** - Se(51,52)  
**Karma, Reincarnation** - Ho(143- 151) Se(47,48)  
**Mind, Chitta, Sanskaras** - Se(14,15,49) Dy-Qu(58)  
**Six Classic Philosophies (Darshanas)** - Ho(8-13)  
**Yoga** - Ho(3-7) Se(9)  
**Raja Yoga** - Ho(17-37) Me(64-74) Dy-Me(22,23) Dy-Qu(31,32)  
**Kundalini Yoga** - Ho(79-81) Ha(12-14)  
**Prana** - Ho(59,171) Ha(11,12) Se(75) Dy-Me(29)  
**Pranayam:** Ho (59to71) Ha(11,12)  
**Guru** - Ho(124-126) Me(136) Se(53,54)  
**Initiation** - Ho(127,128) Me(136-146)

**Ego** - Me(104- 114) Re(13,14,54) Se(63,64)  
**Death** - Ho(148) Me(92-103) Re(57) Se(23,24)  
**Love and Faith** - Me(115-121)  
**Humility** - Se(59,60) Dy-Qu(63)  
**Generosity/Selfless Service** - Me(19-21) Dy-Qu(64)  
**Silence** - Me(13) Se(59)  
**Simplicity** - Me (12) Se(59)  
**Surrender** - Ho(120-123) Me(82-86) Se(60,61)  
**Satsang** - Me(18) Se(58)  
**Applied Meditation** - Dy-Me(44-54)  
**Buddhism** - Dy-Qu(33)  
**Vipashyana** - Se(83,84) Dy-Me(32-37)  
**Dynamic Transformation** - Dy-Qu(38-41)  
**Direction of Transformation** - Dy-Qu(38-41)  
**Methods For Transformation** - Dy-Qu(42-45)  
**Dynamic Transformation of Life** - Dy-Qu(61-65)  
**Prayers** - Me(34-44)  
**Affirmations** - Ho(240-247) Dy(31) Dy-Me(40-42) Dy-Qu(68,69)  
**Spiritual Discrimination (Viveka)** - Se(12- 21)  
**Non-Attachment/Renunciation (Vairagya)** Ho(33-37) Me(122-131) Se(22,64,65) Dy-Me(65)

### **GUIDANCE**

**Practice Routine** - Ho(225-234) H (3,4)  
**Spiritual Path** - Me(132- 135)  
**Conduct** - Se(55- 69)  
**Yogi Shanti's Message** - Dy(21,22)  
**Applied meditation** Dy-Me (44-50)  
**Personal Transformation** - Dy-Me(50-56)  
**Daily Practice** - Dy-Qu(46- 65)

The entire book “**Personal to Global Transformation**” is guidance

### **CHARTS**

**Three Bodies, Five Sheaths** - Ho(135) Me (76) Re(29) Se(10)  
**Yugas-Cosmology-** Re (31)  
**Evolution-Avatara** - Re(30)  
**Sankhya** - Re(28)  
**Atman-Brahman-Jagat** - Re (26) Se (74,90) (Dy24)  
**Brahman-Self –Aum** - Se(91) Dy (28).  
**Atman-Jagat-Brahman** Dy-Me(2) Dy-Qu (2)  
**Field of Purusha and Prakriti.-** Re (34)  
**Chakra**– Ho (80,81)  
**Astral travel** - Ho (86) Re (35,45) Se (81)

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