

LIBRARY A:

Maaida Palmer - Presentations and discussions with students

- A1. Mental practices - Teaching techniques (for teachers only)
- A2. Meditation - Presentation
- A3. What is "Turiya"? - Presentation
- A4. The Importance of Balance in Daily Living - Presentation
- A5. Sound - Discussion with students
- A6. Symbolism and "the Shadow" - Discussion with students
- A7. Karma - Presentation
- A8. The Vrittis - Students papers and discussion
- A9. Ego - Discussion with students
- A10. Samkhya Philosophy - Discussion with students
- A11. Swadharma - Presentation
- A12. Bodily Awareness through Kum Nye Practise - Presentation and discussion

LIBRARY B:

Turiya Symposiums and Intensives - Guest Presenters

- B1. Jo Lippmann - Public lecture: Stress and relaxation in daily living - introduction to Kum Nye
- B2. Jo Lippmann - Kum Nye in daily living: relaxing within the tension of living
- B3. Jo Lippmann - Kum Nye exercises
 - a. Inner Gold - introduction
 - b. Walking meditation - introduction
- B4. Swami Amaldas
 - a. Psychology of Meditation, part 1
 - b. Psychology of Meditation, part 2

Turiya Audio Recordings

- B5. Swami Amaldas
 - a. The Gita part 1
 - b. The Gita part 2
- B6. Swami Amaldas and Maaida
 - a. Questions on the Gita part 1
 - b. Questions on the Gita part 2
- B7. Professor Charles Tart
 - a. Living in Illusion: the mechanics of living in Maya, part 1
 - b. Living in Illusion: the mechanics of living in Maya, part 2
- B8. Professor Charles Tart
 - a. Awareness, Illusion and Reality, part 1
 - b. Awareness, Illusion and Reality, part 2
- B9. Professor Charles Tart
 - a. Altered States of consciousness, part 1
 - b. Altered States of consciousness, part 2
- B10. Professor Charles Tart
 - a. Learning and Remembering, part1
 - b. Learning and Remembering, part 2
- B11. Neville Drury
 - a. Ambient Music, part 1
 - b. Ambient Music, part 2
- B12. Dr. Ann Faraday
 - a. Lucid Dreaming, part 1
 - b. Lucid Dreaming, part 2
 - c. Lucid Dreaming, part 3

LIBRARY C:

Practise

- C1. Advanced Kum Nye Exercises (Gaynor Austen)
 - a. Group 1 - Integrating Body and Mind
 - b. Group 2 - Embracing Space
 - c. Group 3 - Stimulating Inner Energy
 - d. Group 4 - Expanding Wholeness
 - e. Group 5 - Harmonizing
 - f. Group 6 - Opening Presence
- C2. Antar Mouna (Dorothy Ratnarajah)
 - a. Externalising and Internalising Sound
 - b. Alternating Between External and Internal Awareness
- C3. Awareness of Sensation: Relaxation (Megan Jones)
- C4. The Breath that Moves Us (Dorothy Ratnarajah)
- C5. Chidakasha (Maaida Palmer)
- C6. Chidakasha (Dorothy Ratnarajah)
- C7. Coordinating Consciousness (Dorothy Ratnarajah)
- C8. Coordinating Consciousness (Megan Jones)
- C9. Generating release of anger/resentment/frustration (Thea Talbot)
- C10. Ken Wilber No Boundary Exercises (Dorothy Ratnarajah)
 - a. Introduction to the Wilber exercises
 - b. Exploring Feeling
 - c. Discovering the Blocks
 - d. Dissolving the Blocks
 - e. The Self in Transcendence
 - f. Meditation on Relationships
- C11. Listening and Relaxing 1 (Dorothy Ratnarajah)

Turiya Audio Recordings

- C12. Listening and Relaxing 2 (Dorothy Ratnarajah)
- C13. Rainbow Relaxation (Dorothy Ratnarajah)
- C14. Relaxation (Maggie Travis)
- C15. Relaxation of the Heart (Dorothy Ratnarajah)
- C16. Sadhana on Space (Maaida Palmer)
- C17. Sadhana on Space (Dorothy Ratnarajah)
- C18. Sadhana on Time (Dorothy Ratnarajah)
- C19. Surya Namaskara Introduction (Alan Ratnarajah)
- C20. Tarthang Tulku's Love of Knowledge Exercises (Dorothy Ratnarajah)
 - a. Background of Thoughts (Ex 7)
 - b. Gravity of Thinking (Ex 8)
 - c. Expanding and Contracting Thoughts (Ex 9)
 - d. Patterns in Space and Time (Ex 12)
 - e. Projecting the Self (Ex 18)
 - f. Object of Desire (Ex 19)
 - g. Presenting the Self (Ex21A)
 - h. Protecting and Projecting (Ex 21B)
 - i. The Self as Subject (Ex 24A)
 - j. The Self at the Centre (Ex 26B)
- C21. Thought Watching (Dorothy Ratnarajah)
- C22. Trataka: an introduction to the practice (Maaida Palmer)
- C23. Trataka - Learning tape 1 (Dorothy Ratnarajah)
- C24. Trataka - Learning tape 2 - extended (Dorothy Ratnarajah)
- C25. The Watcher (Dorothy Ratnarajah)
- C26. Wholeness Meditation (Dorothy Ratnarajah)
- C27. Yogic Relaxation (Maaida Palmer)
- C28. Prana Vayus Relaxation (Marg Beasley)
- C29. Settling the Mind in its Natural State (Gaynor Austen)
- C30. Earth Breathing Practice (Gaynor Austen)

LIBRARY D:

Mantra

- D1. Introduction to Mantra plus Vajra Guru Mantra (Jo Lippmann)
- D2. Vajra Guru Mantra in monotone (Jo Lippmann + Turiya students)
- D3. Introduction to Mantra (Swami Amaldas)
- D4. Christian Mantras (Swami Amaldas)
- D5. Om Bhagavan Mantra (Swami Amaldas + Turiya students)
- D6. Om Namah Shivaya (Gary Brown + Turiya students)
- D7. Maha Sukha Mantra (Gary Brown + Turiya students)
- D8. Om Mani Padme Hum Hri Mantra (Dharma)

LIBRARY E:

(These recordings are only available to qualified Turiya teachers)

Kum Nye Practise

- E1. Ex.3 - Tasting relaxation/Ex.4 - Following sensation
- E2. Ex. 5 - Expanding Feeling
- E3. Ex. 6 - Joyful Breath
- E4. Ex. 7 - Opening the Senses
- E5. Ex. 8 - Living Life in the Breath
- E6. Ex. 12 - Breathing Om Ah Hum
- E7. Energizing the Hands
- E8. Hand Massage, part 1
- E9. Hand Massage, part 2
- E10. Ex 15 - Loosening up

Turiya Audio Recordings

- E11. Ex 16 - Touching Feeling
- E12. Ex 17 - Lightening Thoughts
- E13. Ex 18 - Hand Magic, parts 1 & 2
- E14. Ex 18 - Hand Magic, parts 1 & 3
- E15. Ex 19 - Revitalizing Energy
- E16. Ex 20 - Touching Body Energy
- E17. Ex 21 - Healing Body and Mind
- E18. Ex 22 - Flying
- E19. Ex 23 - Balancing Body and Mind
- E20. Ex 24 - Being and Body (Slow Walk)
- E21. Ex 24 - Being and Body variation (sound slightly distorted)
- E22. Ex 25 - Calming Inner Energy, part 1
- E23. Ex 25 - Calming Inner Energy, part 2
- E24. Ex 25 - Calming Inner Energy, part 3
- E25. Neck Massage
- E26. Face Massage, part 1
- E27. Face Massage, part 2
- E28. Ex 87 - Transmuting Negative Energies (Gaynor Austen)