

Yoga Nidra Path of Meditation ~ Richard Miller

In the World	Pure Being; Beyond Thought	Pure Undifferentiated Being; unaffected by time & space Pure Awareness/Consciousness Stabilized Self Realization
Reaching Source/Truth & Self Transcended	Form as Formlessness Emptiness Everywhere	Manifestation not separate from Pure Being Stabilizing Self-Recognition
Truth Transcended	Consciousness Pervading & Interpenetrating	Subject/Object distinct Object appearing Subject appearing Unstable Self-Realization
	Formless >	< Remembering
Riding Truth home	Form >	< Forgetting
	Welcoming Pure Being Joy/Bliss Maya <i>Sahasrara Chakra</i>	Self-remembering Self-forgetting Perception of something's wrong (with me)
Knowing Truth	Subject-Purusa <i>Ajna Chakra</i>	"Seer" Subjective Witness
Catching Truth	Object-Pakriti <i>Vishuddha Chakra</i>	"Seen" Objective Material Matrix Light (clarity) Energy (passion) Weight (inertia)
Perceiving Truth	Cognition <i>Anahata Chakra</i>	Mind/Intellect/Ego
Discovering footprints	Feelings & Emotions <i>Manipura Chakra</i>	Nose-Security; Procreative Tongue-Potency; Excretive Eyes-Powerfulness; Feet Skin-Lovingness; Hands Ears-Authenticity; Speech
Searching for Truth	Physical & Energy body Senses <i>Svadhithana & Muladhara Chakras</i>	Earth-Smell; Solid Water-Taste; Flowing Fire-Sight; Energetic Air-Tactile; Expansive Space-Sound; Spacious