

Table of Contents

Introduction	xi
THE PREMISE: ONENESS	
1. The Paradoxical Essence of Consciousness	3
Developing Stillness	20
2. The Complex Nature of Your Soul	23
The Gross Body	27
The Subtle Body	29
The Causal Body	38
<i>Soham-Hamsa</i> Pranayama	43
THE REVELATION: A DIVINE PLAY	
3. The Karmic Unfolding of Reality	47
The Love-Consciousness Pyramid	61
Basic Steps to Reduce Negative Karma	74
4. A Spiritual View of Ego	79
The Best Version of You	101

THE PROCESS:
INDIVIDUATION IN DUALITY

5. Your Egoic Sense of Otherness	107
Radical Honesty Process	127
6. The Mental Movie You Call Your Life	135
Retrieving Your Little Orphans	149

THE SWAN METHOD:
FROM OTHERNESS TO SELF

7. Reclaiming Your Inner Power	155
Anchoring in the Consciousness “I Am”	178
8. Healing the Past Through the Present	181
Main Guidelines	195

THE GOAL: SPIRITUAL FREEDOM

9. Awakening to Your True Self	211
Living in Pure Awareness	233
Glossary	245
About the Author	253