

Joyful Play in the
Quantum World of Infinite Possibilities

Accelerated Evolution

A two-year crash course in
Enlightenment Engineering

Specially designed for intelligent young parents and kids

Designed by
Ashok Kumara, Ph.D., EE, QC
(EE = Enlightened Engineer, QC = Quantum Coach)

Published by
Sadhana School of Arts
www.SadhanaSchoolOfArts.com

Copyright © 2008 Immaneni Ashok
This e-book may be printed for personal use.
Any other form of reproduction or use requires written permission from the author.

Original Version: January 2008

Expression of Gratitude

To my Quantum Self, the Infinite Inner Intelligence
To my biological parents, Chaya and Dinakar
To my galactic parent, Sanat Kumara
To my Quantum Gurus, Kriya Babaji and Thirumoolar
To my Yoga Teachers, Govindan, Rudra and Dharma

Foreword

Spiritual evolution is about developing pure intelligence and anchoring in the inner experience of freedom, joy, harmony, abundance and creativity. These inner experiences magically affect the events in the external world. The external world is a co-creation of the collection of individual dreams and inner experiences.

Currently the planet earth is controlled by a few hundreds of powerful dreamers who are highly focused on the experience of power and money. Most of the remaining people are innocent victims, entrapped in the inner cages of their own fears and limited ideas. Can the situation be changed? Yes, this is a quantum world of infinite possibilities.

To create a *wave of intelligence*, it takes only a hundred powerful enlightened dreamers who are highly focused on the inner experience of freedom, joy, harmony, abundance and creativity. My intention is to promote the creation of this wave in Seattle, by training people through the following programs, all of which are based on Naada Kriya Yoga, the scientific art of mastering breath, sound and time.

- Flowering Intelligence (2-10 yr old kids)
- Carnatic Vocal (8+ year old kids and adults)
- Accelerated Evolution (4+ year old kids and adults)

This document describes the five-part Accelerated Evolution process:

- Tuning in
- Anchoring
- Energizing
- Liberation
- Expansion

The first three parts are focused on developing concentrated thought and mastering the art of dreaming and creating joyful inner experiences. The fourth part is focused on enlightenment - liberation from limited ideas and emotional entanglements. The fifth part is focused on radiating intelligence and playing with the quantum world of infinite possibilities. The final goal of this process is to prepare for ascension - liberating from the constraints of material body and becoming a body of pure light. Yes, this is indeed a possibility. The ascended masters (siddhas), who once upon a time had human embodiments like us, are available for guidance and inspiration. This process includes the techniques to connect with these masters for receiving direct guidance.

I invite you to join me in this exciting journey.

Blissfully yours,
Ashok Kumara

Table of Contents

A	TUNING IN	5
A.1	SUPER-HUMAN FANTASY (4+)	5
A.2	FRONTAL CORTEX ACTIVATION (4+)	5
A.3	SELF-MASTERY ACTIVATION (4+)	5
A.4	FOCUS IMPROVEMENT (4+)	5
A.5	DEMATERIALIZATION (6+)	6
A.6	YOGIC SLEEP RAINBOW (6+)	6
A.7	SYMBOLS OF INSPIRATION (6+)	7
A.8	QUANTUM SELF (10+)	7
A.9	QUANTUM GURU (10+)	7
A.10	QUANTUM COACH (10+)	8
A.11	QUANTUM FAMILY (10+)	8
B	ANCHORING	9
B.1	HEAD RESONANCE (6+)	9
B.2	HEART RESONANCE (6+)	9
B.3	BASE RESONANCE (6+)	9
B.4	ABUNDANCE AND HARMONY (6+)	10
B.5	INNER UNIVERSE (8+)	10
B.6	RADIANCE OF ABUNDANCE (8+)	11
B.7	YOGIC SLEEP MOVING LIGHT (8+)	11
B.8	MAGIC OF EFFORTLESS MANIFESTATION (12+)	11
B.9	MYSTERY OF QUANTUM PHYSICS (12+)	11
B.10	PERSONAL EXPERIENCE (12+)	11
B.11	EXTERNAL EXPRESSION (12+)	11
C	ENERGIZING	12
C.1	ECSTATIC ELEPHANT (4+)	12
C.2	POWERFUL WHIRLPOOL (4+)	12
C.3	RADIATING FIRE (4+)	12
C.4	GENTLE WAVES (4+)	12
C.5	BOOMING THUNDER (4+)	12
C.6	GALLOPING HORSE (4+)	12
C.7	TRANQUIL MOUNTAIN (4+)	12
C.8	ENCHANTING SKY (4+)	12
C.9	CHARGING ELEPHANT (4+)	12
C.10	LEVITATING LIGHT (4+)	12
C.11	SOLAR ENERGY BOOSTER (12+)	12
D	LIBERATION	13
D.1	FREEDOM FROM FEAR OF DEATH (6+)	13
D.2	FREEDOM FROM AGING AND DISEASE (6+)	13
D.3	INTELLIGENCE OF MANIPULATING ENERGIES (12+)	13
D.4	FREEDOM FROM BONDAGE OF TIME (12+)	13
D.5	FREEDOM FROM BONDAGE OF RELATIONSHIPS (12+)	13
D.6	FREEDOM FROM BONDAGE OF DESIRES (12+)	13
D.7	FREEDOM FROM ANGER (12+)	13
D.8	FREEDOM FROM GREED (12+)	13
D.9	FREEDOM FROM PRIDE (12+)	13
D.10	FREEDOM FROM ATTACHMENTS (12+)	13
D.11	FREEDOM FROM LUST (16+)	13

E	EXPANSION	14
E.1	QUANTUM HEALER (6+).....	14
E.2	CREATIVE ARTIST (6+).....	14
E.3	CELESTIAL MUSICIAN (8+).....	14
E.4	CREATIVE WRITER (10+).....	14
E.5	QUANTUM COACH (16+).....	14
E.6	QUANTUM TEACHER (16+).....	14
E.7	INNOVATIVE ENTREPRENEUR (16+).....	14
E.8	TELEPATHY (16+).....	14
E.9	ASTRAL TRAVEL (16+).....	14
E.10	CELESTIAL MAGIC (16+).....	14
E.11	PREPARATION FOR ASCENSION (16+).....	14
F	APPENDIX	15
F.1	SUGGESTIONS FOR DAILY PRACTICE.....	15
F.2	LIST OF TECHNIQUES FOR 4-5 YEAR OLD KIDS.....	17
F.3	LIST OF ADDITIONAL TECHNIQUES FOR 6-7 YEAR OLD KIDS.....	17
F.4	LIST OF ADDITIONAL TECHNIQUES FOR 8-9 YEAR OLD KIDS.....	17
F.5	LIST OF ADDITIONAL TECHNIQUES FOR 10-11 YEAR OLD KIDS.....	18
F.6	LIST OF ADDITIONAL TECHNIQUES FOR 12-15 YEAR OLD KIDS.....	18

A TUNING IN

A.1 Super-Human Fantasy (4+)

Intent: Manifest a magical life filled with love, joy, abundance, harmony and creativity.

Technique: Fantasize (day-dream) being a super-human being living in a golden age where everything is available in abundance and everyone is focused on the experience of love, joy, abundance, harmony and creativity. Focus on INTENSE FEELING in your body.

A.2 Frontal Cortex Activation (4+)

Intent: Activate the source of intelligence and effortless learning.

Technique:

- Start Big Bulging Belly breathing with tongue rolled up
- Produce 'ng' sound resonating sphenoid and ethmoid chambers
- Visualize purple flame originating from center of eyebrows
- Chant '*Ong aing saras-vatyai namaha*'

A.3 Self-Mastery Activation (4+)

Intent: Activate the source of confidence and self-mastery.

Technique:

- Start Big Bulging Belly breathing
- Produce 'ham' sound resonating throat chamber
- Visualize a ring of bones at the bottom of your neck and vibrate them
- Visualize spinning blue color disc with empty space at the center
- Visualize a golden spear (of Muruga)
- Continue to produce powerful booming 'ham' sound

A.4 Focus Improvement (4+)

Intent: Increase the power of concentration.

Technique:

- Practice harmonic movement technique with metronome set to 60 BPM
- Practice the following rhythm exercises in three speeds (2/4/8 per beat) with metronome set to 40 BPM:
 - 4+4: [ta ri ki Ta] [ta ka dhi mi]
 - 3+3+2: [ta ki Ta] [ta ki Ta] [ta ka]
 - 3+3+2: [jham - -] [jham - -] [ta ka]
 - 3+3+3+3+4: [ta ki Ta] [ta ki Ta] [ta ki Ta] [ta ki Ta] [ta ka dhi mi]
 - 3+3+3+3+4: [ta - -] [dhi - -] [dhom - -] [nam - -] [ta ka dhi mi]

A.5 Dematerialization (6+)

Intent: Dematerialize body's matter into sound and light (inner experience).

Technique (*gaNESa* mantra):

Five beat cycle: | *Ong* | *gang* | *gaNapata* | *yEnama* | *ha---* |

Breathing ratio: 5:10 beats

- Start Big Bulging Belly breathing.
- Start the metronome and set to 60 BPM (one sec beat - 4 breaths per min).
- Inhale into your belly for 5 beats silently chanting the mantra.
- While applying the breathing technique, chant the mantra two times (5x2 = 10 beats).
- Visualize a spinning red colored ball at your pubis bone and a spinning purple colored ball at the center of your sphenoid bone. Connect these two balls with a beam of white light.
- Visualize a huge pyramid with square base covering your human body. Fill the pyramid with bright orange light and allow your human form to dissolve.
- With focus on the four shapes of light, chant the mantra, allowing the sound to reverberate inside your pyramid body.
- Slowing decrease the metronome speed from 60 BPM to 50 BPM, then to 40 BPM.

A.6 Yogic Sleep Rainbow (6+)

Intent: Reprogram the body to manifest a new, joyful life experience.

Technique:

- Visualize a ball of bright golden light sweeping through your body, part-by-part, starting from your head and ending at your feet.
- Observe your "light-body" until breath naturally slows down.
- Allow the light to dissolve and bring awareness to your skeletal system.
- Repeat the following technique at seven different bones using specified colors and mantras: Focus on the bone. Visualize swirling colored light. Chant the mantra aloud, vibrating the bone. Shift to silent chanting while clearly feeling the bone vibration and visualizing the swirling colored light.
 1. Pubis bone: Red; '*lang*'.
 2. Sacrum bone: Orange; '*vang*'.
 3. L1 bone (solar plexus): Golden yellow; '*rang*'.
 4. T4 bone (between shoulder blades): Green; '*yam*'.
 5. C7 bone (bottom of your neck): Blue; '*ham*'.
 6. Sphenoid bone (center of your head): Purple; '*a-u-ng*'.
 7. Parietal bone (crown): White with violet-tinge; '*Ong*'.

A.7 Symbols of Inspiration (6+)

Intent: Formulate symbols of inspiration for the purpose of invoking specific celestial experiences and intelligence.

Technique:

- Select 1-5 deities or mythological characters and figure out their celestial qualities that attract you.
- Select 1-5 human role models (dead or alive) and figure out their celestial qualities or intelligences that attract you.
- Select 1-5 nature elements and figure out their celestial qualities that attract you.
- Make use of this information to formulate your “Super-Human Fantasy”.

A.8 Quantum Self (10+)

Intent: Connect with the eternal inner observer (Silence/Void/*Siva*) that manifests the experience of self (*Sakti*).

Technique:

- Chant '*chidAnanda rUpam SivOham SivOham*'.
- Perceive your body as a collection of zillions of atoms.
- Zoom into a single atom and observe the nucleus at the center and electrons floating around, appearing and disappearing.
- Zoom further, into the nucleus of this atom, and observe the protons and neutrons floating around, appearing and disappearing.
- Understand that most of the atom is empty space.
- Understand that your true nature is silence.
- Understand that you are the master of your experiences.

A.9 Quantum Guru (10+)

Intent: Connect with Thirumoolar, an ascended master (siddha), who is the primary source of intelligence behind this Accelerated Evolution process. For information about Thirumoolar, refer to the following website: <http://www.SivaYoga.com>.

Technique:

- Visualize that your head is like a ball of sun-light, radiating dazzling golden light.
- Chant Thirumoolar Siva mantra with the intent of making a connection with Thirumoolar, for the purpose of
 - Understanding the process and techniques more deeply
 - Receiving customized guidance
 - Receiving inspirational ideas and energy to manifest your seemingly impossible golden dreams

A.10 Quantum Coach (10+)

Intent: Connect with your Quantum Coach, a guide to assist you in the Accelerated Evolution process.

Technique:

- Have weekly conversations with your coach, either in person or over the phone.
- Allow your coach to ask you deep questions to help you gain clarity about your progress.
- Allow your coach to provide you customized guidance based on his/her experience with this process.

A.11 Quantum Family (10+)

Intent: Connect with your Quantum Family, your social support system.

Technique:

- Perceive each of your family members and friends as a unique replication of your Quantum Self, with infinite potential.
- If you have little kids, work in harmony with your spouse to guide your kids in the Accelerated Evolution process. Allow your kids to choose their favorite techniques.
- Re adult friends / family members:
 - Understand that it is their responsibility to evolve, and allow them to be how they want to be.
 - If you feel appropriate, share your experiences with them, with the intent of inspiring them to follow their own path towards freedom and joy.
 - Be open to listen to their experiences and opinions, but stay anchored in your own journey.
 - If you sense disharmony, try the inner harmony technique: Visualize both of you holding hands and fill both the bodies with pure white light. Invoke a deep feeling of harmony.

B ANCHORING

For the details of the first three techniques, refer to the SONOROUS SOUND textbook.

B.1 Head Resonance (6+)

Intent: Develop the ability to vibrate individual bones in the head region.

Technique:

- [1 min] Move into comfortable sitting position and produce '*I-yA-A-U-ng*' sound as follows:
 - '*I*' sound from frontal, ethmoid and maxilla sinuses, as well as the nostrils.
 - '*yA*' sound from the mastoid sinus.
 - '*A*' sound from the throat.
 - '*U*' sound from the mouth.
 - '*ng*' sound from the sphenoid sinus.
- [2 min] Move into **Salutation pose** and produce '*I-yA-A-U-ng*' sound as described above.
- [3 min] Move into **Fish pose** and produce '*ng*' sound from the sphenoid sinus.
- [2 min] Move into a comfortable sitting position and produce '*aing*' from sphenoid sinus.
- [2 min] Maintain silence and feel the subtle vibrations inside your head.

B.2 Heart Resonance (6+)

Intent: Develop the ability to vibrate individual bones in the heart region.

Technique:

- [2 min] Move into **Forward Bend** and produce '*hm*' sound resonating in the heart region as described above.
- [2 min] Do the movements to open the upper chest.
- [4 min] Move into a comfortable sitting position and produce '*Om-A-hm*' resonating in the heart region.
- [2 min] Maintain silence and feel the subtle vibration at the center of your thoracic spine.

B.3 Base Resonance (6+)

Intent: Develop the ability to vibrate individual bones in the base region.

Technique:

- [1 min] Do up-down thigh exercise
- [1 min] Do buttock kicking, producing '*sh*' sound from navel
- [1 min] Move into eight limb pose and produce deep belly laughter
- [1 min] Move into Bow pose and produce '*hm*' sound from diaphragm
- [4 min] Move into a comfortable sitting position and produce '*Om-hrIm-dhUm*' sound resonating in the base region.
- [2 min] Maintain silence and feel the subtle vibration in the pelvic region.

B.4 Abundance and Harmony (6+)

Intent: Invoke the inner experience of abundance, harmony and love / devotion.

Technique (*lakshmi nArAyaNa* mantra):

Seven beat cycle: | *Om* | *SrIm* | *klIm* | *lakshmi* | *nArA* | *yaNA* | -- |

Breathing ratio: 7:7 beats

- Start Big Bulging Belly breathing.
- Start the metronome and set to 60 BPM (one sec beat).
- Inhale into your belly for 7 beats silently chanting the mantra.
- While applying the breathing technique, chant the mantra once (7 beats).
- Visualize the following spinning colored balls at the following bones:
 - Red ball at your pubis bone
 - Yellow ball at your L3 (lumbar vertebra behind your navel)
 - Green ball at your T4 (thoracic vertebra between your shoulder blades)
 - Purple ball at the center of your sphenoid bone.
- Visualize a huge pyramid with square base covering your human body. Fill the pyramid with white light and allow your human form to dissolve.
- With focus on the four spinning balls of light, chant the mantra, allowing the sound to reverberate inside your pyramid body, with the sounds originating from the specific balls/bones:
 - *Om*: Red ball (pubis) with HEAVY feeling
 - *SrIm*: Yellow ball (L3) with HOT feeling
 - *klIm*: Green ball (T4) with COOL feeling
 - *lakshmi nArA yaNA*: Purple ball (sphenoid) with HAPPY feeling
- Slowing decrease the metronome speed from 60 BPM to 50 BPM, then to 40 BPM.

B.5 Inner Universe (8+)

Intent: Invoke the inner experience of abundance and expansiveness.

Technique:

- Perceive your body as a collection of trillions of cells, each cell containing a nucleus and organelles floating around the nucleus.
- Visualize that each cell is like a solar system - the nucleus representing the star and organelles representing the planets, moons and asteroids.
- Perceive your body as a gigantic universe composed of radiating star systems.

B.6 Radiance of Abundance (8+)

Intent: Invoke the inner experience of abundance and enormous energy.

Technique:

- Visualize yourself as the Sun of our solar system, a gigantic ball of dazzling golden light.
- Look at the earth, a tiny ball at a far distance.
- Allow your golden light to radiate all around, bringing life to every organic and inorganic part of the earth.
- Watch part of the golden light precipitating into molten gold metal inside the earth.
- Bring attention to the center of your golden light body.
- Visualize blobs of molten gold metal appearing and disappearing inside your own body of golden light.

B.7 Yogic Sleep Moving Light (8+)

Intent: Reprogram the body to manifest a new, joyful life experience.

Technique:

- Visualize a ball of bright golden light sweeping through your body, part-by-part, starting from your head and ending at your feet.
- Observe your “light-body” until breath naturally slows down.
- Allow the light to dissolve and bring awareness to your skeletal system.
- Repeat the following technique at each point: Inhaling, visualize a ball of white light radiating at that point. Exhaling, move the ball to the next point.
 - 1-3: Parietal (crown), occipital bone, C7
 - 4-31: (Right-side) Shoulder blade, shoulder joint, elbow, wrist, little-finger-tip, ring-finger-tip, middle-finger-tip, index-finger-tip, thumb-tip, wrist, elbow, shoulder joint, C7, (Left-side) shoulder joint, ...
 - 32-34: T4, L1, sacrum
 - 35-58: (Right-side) Hip joint, knee, ankle, little-toe-tip, ..., big-toe-tip, ankle, knee, hip-joint, sacrum, (Left-side) hip joint, ...
 - 59-64: Pubis, bottom-of-breastbone, top-of-breastbone, jawbone, sphenoid, parietal

B.8 Magic of Effortless Manifestation (12+)

Learn the technique from the Quantum Coach.

B.9 Mystery of Quantum Physics (12+)

Learn the technique from the Quantum Coach.

B.10 Personal Experience (12+)

Learn the technique from the Quantum Coach.

B.11 External Expression (12+)

Learn the technique from the Quantum Coach.

C ENERGIZING

For the first ten techniques, refer to the CELESTIAL MUSICAL NOTES textbook.
Learn the eleventh technique from the Quantum Coach.

- C.1 Ecstatic Elephant (4+)**
- C.2 Powerful Whirlpool (4+)**
- C.3 Radiating Fire (4+)**
- C.4 Gentle Waves (4+)**
- C.5 Booming Thunder (4+)**
- C.6 Galloping Horse (4+)**
- C.7 Tranquil Mountain (4+)**
- C.8 Enchanting Sky (4+)**
- C.9 Charging Elephant (4+)**
- C.10 Levitating Light (4+)**
- C.11 Solar Energy Booster (12+)**

D LIBERATION

Learn the techniques from the Quantum Coach.

- D.1 Freedom from Fear of Death (6+)**
- D.2 Freedom from Aging and Disease (6+)**
- D.3 Intelligence of Manipulating Energies (12+)**
- D.4 Freedom from Bondage of Time (12+)**
- D.5 Freedom from Bondage of Relationships (12+)**
- D.6 Freedom from Bondage of Desires (12+)**
- D.7 Freedom from Anger (12+)**
- D.8 Freedom from Greed (12+)**
- D.9 Freedom from Pride (12+)**
- D.10 Freedom from Attachments (12+)**
- D.11 Freedom from Lust (16+)**

E EXPANSION

Learn the techniques from the Quantum Coach.

- E.1 Quantum Healer (6+)**
- E.2 Creative Artist (6+)**
- E.3 Celestial Musician (8+)**
- E.4 Creative Writer (10+)**
- E.5 Quantum Coach (16+)**
- E.6 Quantum Teacher (16+)**
- E.7 Innovative Entrepreneur (16+)**
- E.8 Telepathy (16+)**
- E.9 Astral Travel (16+)**
- E.10 Celestial Magic (16+)**
- E.11 Preparation for Ascension (16+)**

F APPENDIX

F.1 Suggestions for Daily Practice

F.1.1 TUNING IN

Preparation:

- A7 Symbols of Inspiration
- A10 Quantum Coach
- A11 Quantum Family

Daily schedule (before night sleep or afternoon nap):

- AX See rotation schedule below (10 min)
- A1 Super-Human Fantasy (10 min)
- A6 Yogic Sleep Rainbow (10 min)

Weekly rotation schedule:

- Mon: A2 Frontal Cortex Activation
- Tue: A3 Self Mastery Activation
- Wed: A4 Focus Improvement
- Thu: A5 Dematerialization
- Fri: A8 Quantum Self
- Sat: A9 Quantum Guru
- Sun: A4 Focus Improvement

F.1.2 ANCHORING

Preparation:

- B8 Magic of Effortless Manifestation
- B9 Mystery of Quantum Physics
- B10 Personal Experience
- B11 External Manifestation

Daily schedule (before night sleep or afternoon nap):

- BX See rotation schedule below (10 min)
- A1 Super-Human Fantasy (10 min)
- B7 Yogic Sleep Moving Light (10 min)

Weekly rotation schedule:

- Mon: B1 Head Resonance
- Tue: B2 Heart Resonance
- Wed: B3 Base Resonance
- Thu: B4 Abundance and Harmony
- Fri: B5 Inner Universe
- Sat: B6 Radiance of Abundance
- Sun: A9 Quantum Guru

F.1.3 ENERGIZATION

Daily schedule (before night sleep or afternoon nap):

- CX See rotation schedule below (10 min)
- A1 Super-Human Fantasy (10 min)
- B7 Yogic Sleep Moving Light (10 min)

Weekly rotation schedule:

- Mon: C1-2 Ecstatic Elephant and Powerful Whirlpool
- Tue: C3-4 Radiating Fire and Gentle Waves
- Wed: C5-6 Booming Thunder and Galloping Horse
- Thu: C11 Solar Energy Booster
- Fri: C7-8 Tranquil Mountain and Enchanting Sky
- Sat: C9-10 Charging Elephant and Levitating Light
- Sun: C11 Solar Energy Booster

F.2 List of Techniques for 4-5 year old kids

1. A1 Super-Human Fantasy
2. A2 Frontal Cortex Activation
3. A3 Self Mastery Activation
4. A4 Focus Improvement
5. C1 Ecstatic Elephant
6. C2 Powerful Whirlpool
7. C3 Radiating Fire
8. C4 Gentle Waves
9. C5 Booming Thunder
10. C6 Galloping Horse
11. C7 Tranquil Mountain
12. C8 Enchanting Sky
13. C9 Charging Elephant
14. C10 Levitating Light

F.3 List of Additional Techniques for 6-7 year old kids

15. A5 Dematerialization
16. A6 Yogic Sleep Rainbow
17. A7 Symbols of Inspiration
18. B1 Head Resonance
19. B2 Heart Resonance
20. B3 Base Resonance
21. B4 Abundance and Harmony
22. D1 Freedom from Fear of Death
23. D2 Freedom from Aging and Disease
24. E1 Quantum Healer
25. E2 Creative Artist

F.4 List of Additional Techniques for 8-9 year old kids

26. B5 Inner Universe
27. B6 Radiance of Abundance
28. B7 Yogic Sleep Moving Light
29. E3 Celestial Musician

F.5 List of Additional Techniques for 10-11 year old kids

- 30. A8 Quantum Self
- 31. A9 Quantum Guru
- 32. A10 Quantum Coach
- 33. A11 Quantum Family
- 34. E4 Creative Writer

F.6 List of Additional Techniques for 12-15 year old kids

- 35. B8 Magic of Effortless Manifestation
- 36. B9 Mystery of Quantum Physics
- 37. B10 Personal Experience
- 38. B11 External Expression
- 39. D3 Intelligence of Manipulating Energies
- 40. D4 Freedom from Bondage of Time
- 41. D5 Freedom from Bondage of Relationships
- 42. D6 Freedom from Bondage of Desires
- 43. D7 Freedom from Anger
- 44. D8 Freedom from Greed
- 45. D9 Freedom from Pride
- 46. D10 Freedom from Attachments