

8 STEPS TO SELF-TRANSFORMATION

TEACHINGS OF SWAMI RAMA
at THAT-first.com Yoga Advaita Samaya Srividya

Step 1

Sit in meditation
same time every
day

Step 3

Develop still,
steady comfortable
meditation posture

Step 5

Cultivate
determination and
willpower

Step 7

Inspect your
thoughts, determine
which are helpful
and harmful

Step 2

Learn to have an
internal dialogue

Step 4

Develop serene
breath

Step 6

Let go of any
distracting thought

Step 8

Witness Everything