

Sec.	Verses	Pages
44. Ānandamaya kośa (Bliss sheath)	207 - 210	306
45. Ātman – Other than the Five Kośas	211	312
46. What is Ātman? – Disciple	212	313
47. Nature of the Self – Discussion	213 - 225	314
48. All Manifestation Absolute	226 - 236	331
49. Brahman – Its Nature	237 - 240	341
50. That Thou Art – Explanation	241 - 249	347
51. Attitude in Meditation	250 - 253	363
52. Aids to Meditation	254 - 266	368
53. Give up Vāsanās – the Method	267 - 276	385
54. End Superimposition – The Means	277 - 292	397
55. The Perceived ‘I’ Factor – False	293 - 297	414
56. Condemnation of the Ego	298 - 309	420
57. Actions, Thoughts and Vāsanās – Renounce	310 - 319	433
58. Total Vigilance – Its Price	320 - 329	447
59. In the One, No Plurality	330 - 338	460
60. Spiritual Growth – the Secret	339 - 348	475
61. Cause-Effect – False	349 - 353	490
62. Samādhi – Its Nature	354 - 372	498
63. Fully Detached – Samādhi Easy	373 - 378	524
64. Meditation – the Technique	379 - 383	532
65. Continuous Attention to Self	384 - 397	537
66. No Diversity in Reality	398 - 406	553
67. Ātma-vicāra – Contemplation	407 - 413	561
68. Give up Perceptions	414 - 418	570
69. The Science of Reality – Its Benefits	419 - 425	576

Sec.	Verses	Pages
70. Signs of a Realised Seer	426 - 445	586
71. Prārabdha for a Saint	446 - 464	605
72. There is No Plurality	465 - 471	626
73. Experience of Selfhood	472 - 479	633
74. Practice of Knowledge – Disciple	480 - 520	641
75. Final Words of Advice	521 - 575	677
76. Blessed Disciple Liberated	576 - 578	725
77. The Glory of the Textbook	579 - 581	728