

Sec.	Verses	Pages
22. Inner Instruments	93 - 94	150
23. The Five Prāṇas	95	152
24. Subtle Body – Effects	96 - 101	154
25. Functions of Prāṇa	102	161
26. Ego Discussed	103 - 105	162
27. Infinite Love – the Self	106 - 107	166
28. Māyā – Pointed Out	108 - 110	171
29. Rajoguṇa – Nature and Effects	111 - 112	177
30. Tamoguṇa – Nature and Effects	113 - 116	179
31. Sattvaguṇa – Nature and Effects	117 - 119	183
32. The Causal Body – Its Nature	120 - 121	189
33. Not-Self – Description	122 - 123	191
34. The Self – Its Nature	124 - 135	193
35. Advice for Self-control	136	208
36. What is Bondage – The Reply	137 - 142	211
37. The Powers – Agitation and Veiling	143 - 144	224
38. Bondage in Action	145 - 146	226
39. Ātman and Anātman – Discrimination	147 - 153	231
40. Negation of the Kośas		
a) Annamaya kośa (Food sheath)	154 - 164	241
b) Prāṇamaya kośa (Vital air sheath)	165 - 166	254
c) Manomaya kośa (Mental sheath)	167 - 183	256
d) Vijñānamaya kośa (Intellectual sheath)	184 - 188	279
41. Ātman – Unattached	189 - 191	285
42. What is Liberation? – Disciple	192 - 193	290
43. Self-Knowledge gives Liberation	194 - 206	292