

The Phiroz Mehta Trust

Talk Archive Catalogue - Talks Sorted by Catalogue Number

About the Catalogue

This catalogue contains information about all talks recorded by Phiroz Mehta from 1959 to 1994. The talk title, date given (or estimated date given), talk length in hours and minutes, and catalogue number are provided in this printed catalogue, but a description of some talks and an assessment of the recording quality can be found by using the online catalogue search facility on the Trust's website at www.pmt.org.uk.

Brief descriptions of The Dilkusha Talks are sourced from The Dilkusha Talks Catalogue produced by the Trust.

The catalogue numbers are generally derived from the names of the places where the talks were given, such as Dilkusha, which was Phiroz's home in Forest Hill, London.

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Key to Talk Catalogue Number Codes

- B** Talks given at Buddhist Society Summer Schools.
- CA** Talks given at Catherington House Summer School.
- CS** Talks given at Cenacle Summer Schools.
- D** The Dilkusha Talks Catalogue. Talks given at Phiroz Mehta's house, "Dilkusha".
- DX** Talks given at "Dilkusha" that are not in the Dilkusha Talks Catalogue.
- E** Talks given at Elmau Schools.
- K** Talks given at Krishnamurti meetings.
- L** Talks given at 47 Lillian Road, the home of the Phiroz Mehta Trust.
- M** Miscellaneous talks. See talk summaries for further details.
- P** Talks given at Park Place Summer Schools.
- Y** Yoga Talks.
- Z** Zarathushtrian Talks.

About the CD Archive

The CDs in the archive are sorted by catalogue number. Each CD contains one recorded talk, with the exception of some longer talks which span two CDs (such CDs have 'Disc 1' and 'Disc 2' printed on them).

The quality of each recording has been graded from 1 to 5 stars as follows:

1 Unlistenable

It is impossible to understand the speech.

2 Poor

It is possible to understand the speech if listening very attentively.

3 Fair

Speech is significantly muffled or distant. May include significant background noise such as hiss, hum or whistle.

4 Good

Speech is slightly muffled or distant but easy to listen to. May include slight background hiss.

5 Excellent

Speech is very clear with little or no background noise.

Contacting the Trust

For information about the Trust, to order copies of talks on CD or Cassette, or to subscribe to the Trust Newsletter, please contact:

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The Phiroz Mehta Trust Talk Archive Catalogue

| Cat. no. | Talk Title | Given on | Length h:mm |
|-----------------|---|-----------------|--------------------|
| B001 | Expounding without Exposition | In 1959 | 0:56 |
| B002 | The End and also the Beginning Lie in the Middle | 26/08/1962 | 1:01 |
| B003 | You Talk, I Listen | 24/08/1963 | 0:39 |
| B004 | The Goal (I) | 22/08/1964 | 0:43 |
| B005 | Appearance and Reality | 28/08/1966 | 0:54 |
| B006 | Wisdom and Compassion | 30/08/1966 | 0:50 |
| B007 | Harmony | 01/09/1968 | 0:50 |
| B008 | The Three Signs of Being | In Aug 1969 | 1:02 |
| B009 | The Open and the Hidden | 24/08/1969 | 0:50 |
| B010 | The Mahayana (I) | 26/08/1969 | 0:58 |
| B011 | The Mahayana (II) | 27/08/1969 | 0:56 |
| B012 | The Mahayana (III) | 28/08/1969 | 0:54 |
| B013 | The Religious Path | Est. 1970 | 0:59 |
| B014 | The Voice of Silence | Est. 1970 | 0:45 |
| B015 | Götterdämmerung | 26/08/1970 | 0:49 |
| B016 | The Star and the Bubble | In Aug 1971 | 0:48 |
| B017 | The Nature of Meditation (I) | 13/10/1971 | 0:42 |
| B018 | Buddhism and Yoga | 28/08/1972 | 1:01 |
| B019 | Growing in Awareness | 25/08/1973 | 0:59 |
| B020 | The Meditative State | 26/08/1973 | 1:04 |

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| Cat. no. | Talk Title | Given on | Length h:mm |
|-----------------|---|-----------------|--------------------|
| B021 | Creation - Transformation, or Death and the Creative Pulse | 26/08/1973 | 0:45 |
| B022 | The Body, the Mind | 27/08/1973 | 1:28 |
| B023 | Constant Vigilance | 28/08/1973 | 1:20 |
| B024 | Right Mindfulness | 29/08/1973 | 1:25 |
| B025 | Purification of the Mind | 30/08/1973 | 1:27 |
| B026 | The Buddha's Lesser Discourse on the Void | 23/08/1975 | 1:13 |
| B027 | The Buddha's Abiding in Emptiness | 24/08/1975 | 0:52 |
| B028 | The Buddha's Greater Discourse on the Void | 25/08/1975 | 0:47 |
| B029 | <i>Karma</i> - Rebirth | 26/08/1975 | 1:28 |
| B030 | The Pith Sutra | 27/08/1975 | 0:54 |
| B031 | The Creative Pulse | 27/08/1975 | 0:57 |
| B032 | Meditation, the Timeless Conjugation | 28/08/1975 | 0:54 |
| B033 | Essence of Mind | 28/08/1976 | 0:56 |
| B034 | The <i>Brahmacarya</i> | 29/08/1976 | 0:59 |
| B035 | Starting from the Other Shore | 29/08/1976 | 0:55 |
| B036 | The Immensity: The Imperishable | 30/08/1976 | 0:59 |
| B037 | The Deathful and the Deathless | 31/08/1976 | 0:57 |
| B038 | The Naming of the Angels and Devas | 01/09/1976 | 0:46 |
| B039 | Buddhahood: The Tathāgata is the Giver of the Deathless | 01/09/1976 | 0:49 |
| B040 | Gathering the Fruits of Virtue and of Knowledge | 02/09/1976 | 0:48 |

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| Cat. no. | Talk Title | Given on | Length h:mm |
|-----------------|---|-----------------|--------------------|
| B041 | The Aryan Silence (I): Instructions for Study and Meditation Week | 26/08/1977 | 0:36 |
| B042 | The Aryan Silence (II) | 27/08/1977 | 0:57 |
| B043 | The Aryan Silence (III): Meditative Walking | 27/08/1977 | 0:32 |
| B044 | The Aryan Silence (IV) | 27/08/1977 | 1:00 |
| B045 | The Aryan Silence (V) | 28/08/1977 | 0:56 |
| B046 | The Aryan Silence (VI) | 28/08/1977 | 1:01 |
| B047 | The Aryan Silence (VII) | 29/08/1977 | 1:01 |
| B048 | Questions: Suicide: Prayer: The Marriage made in Heaven: The Eternal Order: Emotions: Health: Mindfulness: The <i>Ātma</i> | 29/08/1977 | 1:02 |
| B049 | The Aryan Silence (VIII) | 30/08/1977 | 0:49 |
| B050 | Questions: Yoga: Cosmic Energies: Entry into the <i>Jhānas</i> | 30/08/1977 | 0:38 |
| B051 | The Aryan Silence (IX) | 31/08/1977 | 0:57 |
| B052 | The Aryan Silence (X) | 31/08/1977 | 0:59 |
| B053 | The Aryan Silence (XI) | 01/09/1977 | 1:21 |
| B054 | Questions: Purification of the Body: Fruition: Meditation: Wrong Aspiration: Closing Address: Destiny and Fate | 01/09/1977 | 0:54 |
| B055 | Membership and Discipleship | 02/09/1978 | 0:44 |
| B056 | True <i>Samādhi</i> is a Natural Living State: Questions | 02/09/1978 | 0:46 |
| B057 | Consciousness: Mind: Matter | 03/09/1978 | 0:59 |
| B058 | Questions: <i>Samādhi</i> | 03/09/1978 | 0:32 |
| B059 | The Turning About in the Deepest Seat of Consciousness | 04/09/1978 | 0:44 |
| B060 | Question: Rebirth | 04/09/1978 | 0:40 |

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| Cat. no. | Talk Title | Given on | Length h:mm |
|-----------------|--|-----------------|--------------------|
| B061 | The Unreserved Giving of One's Whole Being | 05/09/1978 | 0:48 |
| B062 | Questions: Purification: Hypnotism: Grace | 05/09/1978 | 0:40 |
| B063 | Insight: Wisdom: Compassion | 06/09/1978 | 0:46 |
| B064 | Questions: Our Conditioning: Fear: The Use of the <i>Mantra</i> | 06/09/1978 | 0:46 |
| B065 | The Five Poisons | 07/09/1978 | 0:46 |
| B066 | Be Awake <i>Now!</i> | 07/09/1978 | 0:40 |
| B067 | We <i>Grow</i> into the Truth - We Never <i>Acquire</i> It | 01/09/1979 | 0:41 |
| B068 | Questions: The Teacher | 01/09/1979 | 0:30 |
| B069 | The Giver of the Deathless | 02/09/1979 | 0:52 |
| B070 | The Marriage made in Heaven: Questions: Aversion: Non-Attachment: Whole-Making | 02/09/1979 | 0:39 |
| B071 | Virtue: Suffering | 03/09/1979 | 0:52 |
| B072 | Question: The "Vile" Body | 03/09/1979 | 0:37 |
| B073 | Allaying the Fever of Desire | 04/09/1979 | 0:59 |
| B074 | Questions: Comparison of the Religions: Reincarnation | 04/09/1979 | 0:33 |
| B075 | The Deeps of Meditation | 05/09/1979 | 0:57 |
| B076 | Questions: <i>Anattā</i>: The Pulse of Creation: Reincarnation: <i>Suṣupti</i> | 05/09/1979 | 0:46 |
| B077 | Meditation: <i>Samādhi</i>: Question: <i>Karma</i>, Reincarnation and the Holy Life | 06/09/1979 | 0:47 |
| B078 | Wise Compassion: Compassionate Wisdom | 06/09/1979 | 0:38 |
| B079 | "I go to the Buddha for Refuge" (I) | 23/08/1980 | 0:31 |
| B080 | Who is the Buddha? (I) | 24/08/1980 | 0:39 |

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| Cat. no. | Talk Title | Given on | Length h:mm |
|-----------------|---|-----------------|--------------------|
| B081 | The <i>Sangha</i> | 25/08/1980 | 0:40 |
| B082 | Steps on the Path | 26/08/1980 | 0:50 |
| B083 | Being and Non-Being: Question: Rebirth and Death | 27/08/1980 | 0:53 |
| B084 | Question: <i>Karma</i>, Rebirth and the Living of the Moral Life | 28/08/1980 | 0:32 |
| B085 | The Invocation and its Meaning | 29/08/1981 | 1:22 |
| B086 | The Inner Nature of Consciousness: Questions: The Teacher: Taking Life | 30/08/1981 | 1:31 |
| B087 | The Law of <i>Karma</i>: Question: The Tree of Life | 31/08/1981 | 1:21 |
| B088 | Do We Really Know <i>Dukkha</i>?: Questions: Chance and Accident: Starting from Transcendence | 01/09/1981 | 1:25 |
| B089 | Origins of Beliefs in Reincarnation and Rebirth: Questions: Creation: <i>Avidyā</i>: Entropy: Plans, Aims, Decisions | 02/09/1981 | 1:24 |
| B090 | The Buddha, the Lord of Compassion and Wisdom | 03/09/1981 | 1:21 |
| B091 | The Spirit of Religion: Questions: "The Teacher of <i>Devas</i> and Men": "I Am That I Am": Eternity | 28/08/1982 | 1:25 |
| B092 | In What Manner are We Conscious of this World? Questions: Belief and Faith: Wisdom: Speech: Transcendence | 29/08/1982 | 1:31 |
| B093 | Ineffable Bliss: Questions: Competition and Comparison: <i>Anattā</i> | 30/08/1982 | 1:26 |
| B094 | Mindfulness Centred on the Body | 31/08/1982 | 1:28 |
| B095 | Mindfulness, Our Instrument of Salvation: Questions: Changing the World: Evolution of the Brain | 01/09/1982 | 1:29 |
| B096 | The Experiencing of Immortality | 02/09/1982 | 1:08 |
| B097 | What is Our Supreme Desire? | 03/09/1983 | 0:49 |
| B098 | Who is the Buddha? (II) | 04/09/1983 | 1:00 |
| B099 | Right Understanding of the <i>Dhamma</i> | 05/09/1983 | 0:43 |
| B100 | The Meaning of the Deathless | 06/09/1983 | 0:46 |

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| Cat. no. | Talk Title | Given on | Length h:mm |
|-----------------|---|-----------------|--------------------|
| B101 | We Are Our Own Best Teacher | 07/09/1983 | 0:55 |
| B102 | Just Be Yourself | 08/09/1983 | 0:41 |
| B103 | The Middle Way: The Evolution of the Brain | 25/08/1984 | 0:40 |
| B104 | "Seeking" the Unborn: The Enlightenment of the Buddha | 26/08/1984 | 0:41 |
| B105 | The Purifying of the Psyche | 27/08/1984 | 0:37 |
| B106 | The Buddha's Realization | 28/08/1984 | 0:52 |
| B107 | The Evolution of Man and his Beliefs: Through to Buddhahood | 29/08/1984 | 0:46 |
| B108 | The Pure Fool | 30/08/1984 | 0:41 |
| B109 | The Uprising of Ill and its Ending | 10/08/1985 | 0:37 |
| B110 | "Consciousness, Characterless, Unending, Everywhere Shining" | 11/08/1985 | 0:41 |
| B111 | Virtue: The Defilements | 12/08/1985 | 0:45 |
| B112 | The Wholemaking of the Psyche | 13/08/1985 | 0:44 |
| B113 | <i>Sammā Sati: Sammā Samādhī</i> | 14/08/1985 | 0:55 |
| B114 | The Creative Renewal of all the World | 15/08/1985 | 0:35 |
| B115 | <i>Karmic Law</i> | 16/08/1986 | 0:54 |
| B116 | Creative <i>Karma</i> in Eternity as Man | 17/08/1986 | 0:34 |
| B117 | Conditioning: Rebirth: <i>Karma</i> | 18/08/1986 | 0:41 |
| B118 | The Graciousness of the Buddha | 19/08/1986 | 0:46 |
| B119 | Humans are the Heralds of Eternity | 20/08/1986 | 0:45 |
| B120 | The Development of Consciousness | 21/08/1986 | 0:50 |

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| Cat. no. | Talk Title | Given on | Length h:mm |
|-----------------|---|-----------------|--------------------|
| B121 | I go to the Buddha as my Refuge (II) | 15/08/1987 | 0:35 |
| B122 | The Buddha's Discourse to Sigālovāda | 16/08/1987 | 0:40 |
| B123 | The Emptying of the Psyche | 17/08/1987 | 0:33 |
| B124 | Suffering and Ignorance | 18/08/1987 | 0:35 |
| B125 | Holistic Consciousness - The Absolute Here-Now | 19/08/1987 | 0:38 |
| B126 | The Inner Silence | 20/08/1987 | 0:43 |
| CA001 | Love: Silence: Unity: Amity | 23/05/1973 | 0:41 |
| CA002 | Immaculate Conception: Virgin Birth in the Religions | 24/05/1973 | 1:13 |
| CA003 | Silence and Meditation: Wisdom of Life: Clean Unknowing: Right Receptivity | 24/05/1973 | 0:35 |
| CA004 | Yoga: The Restoration to Wholeness | 25/05/1973 | 0:52 |
| CA005 | Yoga: The Meaning of Holy Living | 25/05/1973 | 0:44 |
| CA006 | General Discussion: Silence and Meditation | 25/05/1973 | 0:48 |
| CA007 | Presentation of the Ways as 3-, 5-, 7-, 8-fold in the Religions | 26/05/1973 | 1:30 |
| CA008 | Meditation leading to Silence | 26/05/1973 | 0:46 |
| CA009 | The <i>Yamas</i> in the Śāndilya Upaniṣad | 27/05/1973 | 0:44 |
| CA010 | Concept: Percept: Inner Sensitivity | 28/05/1973 | 1:30 |
| CA011 | Application of the Morning Talk to the <i>Yamas</i>: Approach of Wholeness | 28/05/1973 | 0:39 |
| CA012 | The Religious Observances | 29/05/1973 | 0:53 |
| CA013 | Maturing of Mind: Denudation of the Mind, leading to <i>Ātman</i> | 29/05/1973 | 0:52 |
| CA014 | General Discussion: Fear | 29/05/1973 | 0:40 |

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| Cat. no. | Talk Title | Given on | Length h:mm |
|-----------------|---|-----------------|--------------------|
| CA015 | We Exist by Virtue of Sun and Earth: Archetypal Significances of Zodiacal Signs: Earth Meditation: <i>Jhānas</i> and <i>Samāpattis</i>: Freedom and Realization of Transcendence | 30/05/1973 | 1:34 |
| CS001 | Living Humanly: The Two Aspects of the Human Species | 09/04/1981 | 0:40 |
| CS002 | Questions: Negativity: Catalysts: The <i>Cakras</i>: Freeing Ourselves: Death | 09/04/1981 | 0:51 |
| CS003 | Question: The Role of Judas Iscariot | 10/04/1981 | 0:50 |
| CS004 | The Ultimate Origin: The Thought in the Mind of God | 11/04/1981 | 0:56 |
| CS005 | Questions: Expressions of Truth: The Sense of Transcendence: Envy: The Vulnerability of Innocence | 11/04/1981 | 0:35 |
| CS006 | Consciousness, Speech and Silence | 13/04/1981 | 0:52 |
| CS007 | Questions: Baptism: "Resist not Evil" and the <i>Gīta</i>: Beliefs: "My Word Shall Not Pass Away" | 14/04/1981 | 0:37 |
| CS008 | The Heart Sutra (II) | 15/04/1981 | 0:54 |
| CS009 | The Light that Shines by Day and Night | 15/04/1981 | 0:31 |
| CS010 | The Universality of Death | 19/06/1982 | 0:44 |
| CS011 | Questions and Discussion: Euthanasia: Energy: The Constitution of Humanity | 19/06/1982 | 0:37 |
| CS012 | The Marvel of the Living Body | 21/06/1982 | 0:46 |
| CS013 | Questions: Food: Illness: A Time of Change: The Psyche: The Trinity | 21/06/1982 | 0:41 |
| CS014 | Dying Transformatively | 23/06/1982 | 0:56 |
| CS015 | Questions: Prayer: The Old Testament and the Qabalah: Death: The Enlightenment of Jesus: Grace: The "Stock" | 24/06/1982 | 0:40 |
| CS016 | The Tyranny of the "I-am-I" Consciousness | 25/06/1982 | 0:32 |
| CS017 | Joy and Creative Renewal | 30/05/1983 | 0:36 |
| CS018 | The Beginning and the End are One | 03/06/1983 | 0:42 |
| D001 | Observing the Nature of Attention | 05/01/1969 | 1:13 |

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| Cat. no. | Talk Title | Given on | Length h:mm |
|-----------------|--|-----------------|--------------------|
| D002 | Desire (I) | 11/05/1969 | 1:34 |
| D003 | The Comforter | 08/06/1969 | 1:10 |
| D004 | Calmness | 06/07/1969 | 1:02 |
| D005 | Complete Relationship between Self and Not-Self | 17/08/1969 | 1:24 |
| D006 | <i>Anātman</i> | 30/08/1969 | 1:26 |
| D007 | Concepts and Percepts (I) | 31/08/1969 | 1:25 |
| D008 | Concepts and Percepts (II) | 27/09/1969 | 1:10 |
| D009 | The <i>Jhānas</i> | 12/10/1969 | 1:29 |
| D010 | Living by a Transcendent Ethic | 26/10/1969 | 1:23 |
| D011 | There is no Annihilation | 07/11/1969 | 1:17 |
| D012 | Significance and Importance of Words (I) | 08/11/1969 | 1:32 |
| D013 | Significance and Importance of Words (II) | 09/11/1969 | 1:33 |
| D014 | Faith | 20/12/1969 | 1:20 |
| D015 | A New Decade | 03/01/1970 | 1:09 |
| D016 | The New Life-Wave | 04/01/1970 | 1:11 |
| D017 | There is Nothing for "Me" | 18/01/1970 | 1:15 |
| D018 | Children of the New Dawn (I) | 01/02/1970 | 1:11 |
| D019 | The Heart Sutra (I) | 14/02/1970 | 1:34 |
| D020 | Speech and Word | 26/04/1970 | 1:10 |
| D021 | Creative Energy | 09/05/1970 | 1:04 |

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| Cat. no. | Talk Title | Given on | Length h:mm |
|-----------------|--|-----------------|--------------------|
| D022 | The Sense of Transcendence | 24/05/1970 | 0:59 |
| D023 | <i>Anattā</i> and <i>Attā</i> | 06/06/1970 | 1:14 |
| D024 | Sensitivity | 21/06/1970 | 1:05 |
| D025 | Man's Sorrows and Problems through the Ages | 05/07/1970 | 0:58 |
| D026 | The Relationship with Ideas | 02/08/1970 | 1:13 |
| D027 | Defilements of the Mind | 16/08/1970 | 1:19 |
| D028 | Being Free of the Defilements | 29/08/1970 | 0:56 |
| D029 | "Progress" | 13/09/1970 | 1:33 |
| D030 | Right Mindfulness (I) | 27/09/1970 | 1:27 |
| D031 | Right Mindfulness (II) | 11/10/1970 | 1:26 |
| D032 | "Show Me the Way to Transcendence" | 25/10/1970 | 1:20 |
| D033 | Co-operation with Nature | 08/11/1970 | 1:30 |
| D034 | Growing into Our True Manhood | 21/11/1970 | 1:04 |
| D035 | Man is still not Fully Human | 05/12/1970 | 1:11 |
| D036 | The Zodiac (I) | 02/01/1971 | 1:15 |
| D037 | The Zodiac (II) | 16/01/1971 | 1:34 |
| D038 | The Meaning of Yoga | 30/01/1971 | 1:10 |
| D039 | The Basis of Purity | 13/02/1971 | 0:52 |
| D040 | One Mankind | 13/03/1971 | 0:53 |
| D041 | Right Effort | 28/03/1971 | 1:10 |

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| Cat. no. | Talk Title | Given on | Length h:mm |
|-----------------|--|-----------------|--------------------|
| D042 | <i>Saṃsāra</i> | 25/04/1971 | 1:07 |
| D043 | Our Task | 08/05/1971 | 1:29 |
| D044 | Making a Complete End of All Ill | 23/05/1971 | 1:19 |
| D045 | Sensitivity in Action | 06/06/1971 | 1:09 |
| D046 | Body and Mind | 03/07/1971 | 1:07 |
| D047 | The Vehicle of Transcendent Energy | 04/07/1971 | 1:13 |
| D048 | Have We Solved All Our Problems by Now? | 17/07/1971 | 1:08 |
| D049 | Only One Step | 18/07/1971 | 1:12 |
| D050 | Mind Seeing Itself | 31/07/1971 | 0:58 |
| D051 | Looking at the Word | 01/08/1971 | 0:59 |
| D052 | Man as an Animal and as a Religious Being | 11/09/1971 | 1:08 |
| D053 | Regarding our Neighbour | 12/09/1971 | 1:17 |
| D054 | The Religious Mind | 25/09/1971 | 1:13 |
| D055 | Religious Living (I) | 26/09/1971 | 1:08 |
| D056 | Ownership of "Mind" | 09/10/1971 | 1:02 |
| D057 | The Mind | 10/10/1971 | 1:06 |
| D058 | Freeing Ourselves from Selfness | 24/10/1971 | 1:09 |
| D059 | Realization of Truth is Changeless | 06/11/1971 | 0:57 |
| D060 | Living Experience | 07/11/1971 | 1:03 |
| D061 | <i>Karma (I)</i> | 20/11/1971 | 1:02 |

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| Cat. no. | Talk Title | Given on | Length h:mm |
|-----------------|---|-----------------|--------------------|
| D062 | <i>Karma (II)</i> | 21/11/1971 | 1:11 |
| D063 | Mind: Psyche: <i>Karma (I)</i> | 04/12/1971 | 1:24 |
| D064 | Mind: Psyche: <i>Karma (II)</i> | 05/12/1971 | 1:11 |
| D065 | On Being | 18/12/1971 | 0:56 |
| D066 | Learning to Be | 19/12/1971 | 0:52 |
| D067 | Attend to the Now | 01/01/1972 | 0:59 |
| D068 | Memory | 02/01/1972 | 1:00 |
| D069 | By Grasping We Obstruct the Absolute | 15/01/1972 | 0:55 |
| D070 | Total Attention | 16/01/1972 | 0:59 |
| D071 | The Elements | 29/01/1972 | 1:04 |
| D072 | The Vedas | 30/01/1972 | 1:13 |
| D073 | The Exploitation of the Elements | 12/02/1972 | 1:13 |
| D074 | Let Things Be | 13/02/1972 | 1:11 |
| D075 | There is Nothing for Me | 26/02/1972 | 0:52 |
| D076 | An Island Called Myself | 27/02/1972 | 1:08 |
| D077 | Attachment-Aversion to the Elements | 11/03/1972 | 1:09 |
| D078 | Desire (II) | 12/03/1972 | 0:56 |
| D079 | Wisdom | 25/03/1972 | 0:51 |
| D080 | The Eternal Now | 26/03/1972 | 0:44 |
| D081 | Deathlessness | 08/04/1972 | 0:51 |

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| Cat. no. | Talk Title | Given on | Length h:mm |
|-----------------|--------------------------------------|-----------------|--------------------|
| D082 | Self-Perpetuation | 09/04/1972 | 0:46 |
| D083 | The Pure State | 22/04/1972 | 0:43 |
| D084 | The Root Delusion | 23/04/1972 | 0:41 |
| D085 | The Death of Entity-Self | 20/05/1972 | 0:47 |
| D086 | Death | 21/05/1972 | 1:01 |
| D087 | The Root of Duality | 03/06/1972 | 1:03 |
| D088 | Love (I) | 04/06/1972 | 0:51 |
| D089 | The Religious Life | 16/06/1972 | 0:53 |
| D090 | The Body (I) | 30/06/1972 | 0:43 |
| D091 | The Body (II) | 01/07/1972 | 0:54 |
| D092 | The Body (III) | 02/07/1972 | 0:48 |
| D093 | The Body (IV) | 15/07/1972 | 0:50 |
| D094 | The Body (V) | 16/07/1972 | 0:54 |
| D095 | Sensitivity-Fulfilment (I) | 28/07/1972 | 0:38 |
| D096 | Sensitivity-Fulfilment (II) | 29/07/1972 | 0:43 |
| D097 | Violence (I) | 08/09/1972 | 0:53 |
| D098 | Violence (II) | 09/09/1972 | 1:04 |
| D099 | Violence (III) | 10/09/1972 | 1:06 |
| D100 | Sensitive Watchfulness | 22/09/1972 | 0:50 |
| D101 | Problems and their Resolution | 23/09/1972 | 0:45 |

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| Cat. no. | Talk Title | Given on | Length h:mm |
|-----------------|---|-----------------|--------------------|
| D102 | Immaturity and Maturity | 24/09/1972 | 0:53 |
| D103 | "Appearances are Deceptive" (I) | 06/10/1972 | 0:52 |
| D104 | "Appearances are Deceptive" (II) | 07/10/1972 | 0:52 |
| D105 | Appearance and Reality - Yoga | 08/10/1972 | 0:47 |
| D106 | The Goal (II) | 21/10/1972 | 0:49 |
| D107 | The Goal (III) | 22/10/1972 | 0:46 |
| D108 | Historical Background to Hinduism and Buddhism (I) | 04/11/1972 | 0:49 |
| D109 | Historical Background to Hinduism and Buddhism (II) | 05/11/1972 | 0:51 |
| D110 | The Source of Man's Conceptions of Spiritual Hierarchies | 18/11/1972 | 0:51 |
| D111 | The Idea of Spirits | 19/11/1972 | 0:51 |
| D112 | Varuṇa and Indra (I) | 01/12/1972 | 0:53 |
| D113 | Varuṇa and Indra (II) | 02/12/1972 | 0:43 |
| D114 | Varuṇa and Indra (III) | 03/12/1972 | 0:58 |
| D115 | Agni (I) | 16/12/1972 | 0:59 |
| D116 | Agni (II) | 17/12/1972 | 1:00 |
| D117 | Agni and Soma | 29/12/1972 | 0:55 |
| D118 | Soma | 30/12/1972 | 1:00 |
| D119 | Rituals: Soma | 31/12/1972 | 0:56 |
| D120 | Viśvakarman and Hiraṇyagarbha (I) | 12/01/1973 | 0:53 |
| D121 | Viśvakarman and Hiraṇyagarbha (II) | 14/01/1973 | 1:00 |

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| Cat. no. | Talk Title | Given on | Length h:mm |
|-----------------|--|-----------------|--------------------|
| D122 | Yama: Immortality (I) | 26/01/1973 | 0:46 |
| D123 | Yama: Immortality (II) | 27/01/1973 | 0:52 |
| D124 | Yama: Immortality (III) | 28/01/1973 | 0:49 |
| D125 | Silence: Immortality | 10/02/1973 | 0:39 |
| D126 | The Silence: <i>Dhyānas</i> and <i>Samāpattis</i> | 11/02/1973 | 0:50 |
| D127 | Atharva-Veda and the Upaniṣads | 23/02/1973 | 0:48 |
| D128 | Atharva-Veda: <i>Brahman-Ātman</i> | 24/02/1973 | 0:53 |
| D129 | Atharva-Veda: Denudation of the Mind | 25/02/1973 | 0:52 |
| D130 | <i>Brahman-Ātman</i> | 10/03/1973 | 0:56 |
| D131 | The Upaniṣads | 11/03/1973 | 0:57 |
| D132 | Bṛihadāraṇyaka and Īśā Upaniṣads | 23/03/1973 | 1:02 |
| D133 | The <i>Ātman: Neti, Neti: "The Imperishable"</i> | 24/03/1973 | 0:47 |
| D134 | Meditation (I) | 25/03/1973 | 1:02 |
| D135 | Deliverance from Ill: Discipline | 07/04/1973 | 0:59 |
| D136 | The Interdependence of Realization and Discipline | 08/04/1973 | 0:59 |
| D137 | "Subjects" of Vedic Knowledge (I) | 04/05/1973 | 0:48 |
| D138 | "Subjects" of Vedic Knowledge (II) | 05/05/1973 | 0:59 |
| D139 | "Subjects" of Vedic Knowledge (III) | 06/05/1973 | 1:00 |
| D140 | Yājñavalkya's Discourse on Love (I) | 18/05/1973 | 1:00 |
| D141 | Yājñavalkya's Discourse on Love (II) | 19/05/1973 | 0:55 |

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| Cat. no. | Talk Title | Given on | Length h:mm |
|-----------------|---|-----------------|--------------------|
| D142 | Yājñavalkya's Discourse on Love (III) | 20/05/1973 | 1:00 |
| D143 | Stillness of Body and Mind (I) | 15/06/1973 | 0:42 |
| D144 | Stillness of Body and Mind (II) | 16/06/1973 | 0:53 |
| D145 | Stillness of Body and Mind (III) | 17/06/1973 | 0:46 |
| D146 | Meditation (II) | 13/07/1973 | 0:44 |
| D147 | Freedom from Illusory Image-Making (I) | 14/07/1973 | 0:42 |
| D148 | Freedom from Illusory Image-Making (II) | 15/07/1973 | 0:49 |
| D149 | Right Care of the Body | 03/08/1973 | 0:59 |
| D150 | The Deep Significance of the Body | 04/08/1973 | 1:31 |
| D151 | <i>Karma</i> and Rebirth | 04/08/1973 | 1:29 |
| D152 | Psyche | 05/08/1973 | 1:11 |
| D153 | The Pulse of Creation: Life/Other Life | 08/09/1973 | 0:57 |
| D154 | The Void (I) | 09/09/1973 | 1:00 |
| D155 | What is the State of Communion which is the Fruit of Voidness? | 21/09/1973 | 0:55 |
| D156 | Faith and Transcendence | 22/09/1973 | 0:57 |
| D157 | The Social Sense and its Fruition | 23/09/1973 | 0:56 |
| D158 | Depression: Virtue | 02/11/1973 | 0:51 |
| D159 | Let Life Come to Flower | 03/11/1973 | 0:56 |
| D160 | "Ignorance" - a New View | 04/11/1973 | 0:48 |
| D161 | Royal Wedding: Human and Spiritual | 16/11/1973 | 0:49 |

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| Cat. no. | Talk Title | Given on | Length h:mm |
|-----------------|--|-----------------|--------------------|
| D162 | Royal Wedding: True and Pure Mindfulness | 17/11/1973 | 0:48 |
| D163 | Purity of Mindfulness | 18/11/1973 | 0:51 |
| D164 | Christmas: A Holy Day (I) | 14/12/1973 | 0:51 |
| D165 | Christmas: A Holy Day (II) | 15/12/1973 | 0:58 |
| D166 | Christmas: A Holy Day (III) | 16/12/1973 | 1:01 |
| D167 | "Come Unto Me and I Will Give You Rest" (I) | 11/01/1974 | 0:41 |
| D168 | "Come Unto Me and I Will Give You Rest" (II) | 12/01/1974 | 0:47 |
| D169 | "Come Unto Me and I Will Give You Rest" (III) | 13/01/1974 | 0:50 |
| D170 | "I am the 'I' that has Given Up 'I'" | 08/02/1974 | 0:47 |
| D171 | The Meaning of Attention | 09/02/1974 | 0:52 |
| D172 | Insight: Attention: <i>Cit</i> | 10/02/1974 | 1:01 |
| D173 | Pleasure: Happiness: Communion (I) | 08/03/1974 | 0:55 |
| D174 | Pleasure: Happiness: Communion (II) | 09/03/1974 | 0:56 |
| D175 | An Extended Meditation | 10/03/1974 | 0:48 |
| D176 | <i>Śūnyatā</i>: Easter | 05/04/1974 | 0:55 |
| D177 | Easter, and the Task Before Us | 06/04/1974 | 1:03 |
| D178 | "<i>Eloi, Eloi, Lama Sabachthani</i>" | 07/04/1974 | 1:03 |
| D179 | Discussion of Problems | 07/06/1974 | 0:59 |
| D180 | <i>Sati</i> | 08/06/1974 | 1:02 |
| D181 | Love (II) | 09/06/1974 | 0:54 |

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| Cat. no. | Talk Title | Given on | Length h:mm |
|-----------------|--|-----------------|--------------------|
| D182 | <i>Mantra: Word of Power (I)</i> | 05/07/1974 | 0:54 |
| D183 | <i>Mantra: Word of Power (II)</i> | 06/07/1974 | 0:52 |
| D184 | <i>Karma and Rebirth: Meditation</i> | 07/07/1974 | 1:01 |
| D185 | The Teachings of Religion are Esoteric | 02/08/1974 | 0:50 |
| D186 | Mindfulness - and the Obstacles to it | 03/08/1974 | 0:51 |
| D187 | The Healing of the Mind | 04/08/1974 | 0:39 |
| D188 | The Healing of the World | 05/10/1974 | 0:44 |
| D189 | The Healing of the Psyche | 06/10/1974 | 0:48 |
| D190 | Obstacles to Mindfulness (I) | 18/10/1974 | 0:56 |
| D191 | Purification of Mind | 19/10/1974 | 0:51 |
| D192 | Obstacles to Mindfulness (II) | 20/10/1974 | 0:53 |
| D193 | The State of the World and its Healing | 08/11/1974 | 0:53 |
| D194 | Love (III) | 09/11/1974 | 0:53 |
| D195 | Love (IV) | 10/11/1974 | 0:56 |
| D196 | Past Memory: Present Attention (I) | 29/11/1974 | 0:47 |
| D197 | Past Memory: Present Attention (II) | 30/11/1974 | 0:48 |
| D198 | Past Memory: Present Attention (III) | 01/12/1974 | 0:52 |
| D199 | "Music of the Spheres": Transcendent Marriage of Heaven and Earth | 13/12/1974 | 0:51 |
| D200 | Transmutation by Genius | 14/12/1974 | 0:55 |
| D201 | The Marriage Made in Heaven: Discord into Concord | 15/12/1974 | 0:53 |

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| Cat. no. | Talk Title | Given on | Length h:mm |
|-----------------|--|-----------------|--------------------|
| D202 | Right Pleasure | 03/01/1975 | 0:44 |
| D203 | Pleasure: Destiny and Fate | 04/01/1975 | 0:48 |
| D204 | Happiness: Destiny and Fate | 05/01/1975 | 1:00 |
| D205 | The Self | 24/01/1975 | 0:56 |
| D206 | The Influence of Religious Living on World Conditions | 25/01/1975 | 0:47 |
| D207 | Life Rhythm in Love: The <i>Brahmavihāras</i> | 26/01/1975 | 0:57 |
| D208 | The Religious Life: The Human Life | 07/02/1975 | 1:01 |
| D209 | Love: Transmuter and Healer | 08/02/1975 | 0:56 |
| D210 | Ways of Living the Religious Life | 09/02/1975 | 1:01 |
| D211 | Living Religiously in the Worldly Environment | 28/02/1975 | 0:53 |
| D212 | The Key to Living Religiously in the World | 01/03/1975 | 0:42 |
| D213 | Mindfulness is the Key | 02/03/1975 | 0:58 |
| D214 | The Condition of Supreme Communion (I) | 21/03/1975 | 0:57 |
| D215 | The Condition of Supreme Communion (II) | 22/03/1975 | 0:47 |
| D216 | The <i>Sīlas</i> | 23/03/1975 | 0:51 |
| D217 | What Have We Realized? | 18/04/1975 | 0:48 |
| D218 | State of Communion | 19/04/1975 | 1:00 |
| D219 | Commonsense and Good Sense | 20/04/1975 | 0:46 |
| D220 | Modes of Awareness (I) | 09/05/1975 | 0:51 |
| D221 | Are We Growing in Self-Knowledge? | 10/05/1975 | 0:56 |

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| Cat. no. | Talk Title | Given on | Length h:mm |
|-----------------|---|-----------------|--------------------|
| D222 | The Fulfilment of Man | 11/05/1975 | 0:59 |
| D223 | Self-Preoccupation | 13/06/1975 | 0:32 |
| D224 | Implications of the Term "One Total Reality" | 14/06/1975 | 0:48 |
| D225 | The One Total Reality | 15/06/1975 | 0:59 |
| D226 | Our Approach to and Understanding of the Religious Life | 04/07/1975 | 0:47 |
| D227 | The Worldling and the Religieux | 05/07/1975 | 0:48 |
| D228 | What Do We Really Care For? | 06/07/1975 | 0:48 |
| D229 | Signs and Implications of "Total Awareness" (I) | 25/07/1975 | 0:49 |
| D230 | Signs and Implications of "Total Awareness" (II) | 26/07/1975 | 0:48 |
| D231 | Total Attentiveness (I) | 27/07/1975 | 0:58 |
| D232 | Right Thinking (I) | 15/08/1975 | 0:45 |
| D233 | Right Thinking (II) | 16/08/1975 | 0:45 |
| D234 | Right Thinking: Right Mindfulness | 17/08/1975 | 0:51 |
| D235 | The Meaning of "My Self" | 24/10/1975 | 1:00 |
| D236 | What is Our Whole Being - the "Self"? | 25/10/1975 | 0:56 |
| D237 | What is the "Self"? | 26/10/1975 | 1:01 |
| D238 | Religiousness in Action | 14/11/1975 | 0:50 |
| D239 | The True Cause of the Increasing Ill of the World | 15/11/1975 | 0:54 |
| D240 | <i>Suṣupti</i>: Immortality: Reality and the Healing of the Mind | 16/11/1975 | 0:54 |
| D241 | Sonship | 05/12/1975 | 0:47 |

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| Cat. no. | Talk Title | Given on | Length h:mm |
|-----------------|--|-----------------|--------------------|
| D242 | The Healing of the Mind | 06/12/1975 | 0:54 |
| D243 | The Perfected Holy Ones | 07/12/1975 | 0:54 |
| D244 | The Significance of Attentiveness | 02/01/1976 | 0:51 |
| D245 | Perfect Attentiveness and the Senses | 03/01/1976 | 0:49 |
| D246 | Caring for Religion | 04/01/1976 | 1:00 |
| D247 | Yoga (I) | 23/01/1976 | 0:58 |
| D248 | The Reception and Transmission of Energy | 24/01/1976 | 0:49 |
| D249 | This Holy Day - the Conversion of St. Paul | 25/01/1976 | 0:59 |
| D250 | Life-Rhythm (I) | 06/02/1976 | 0:42 |
| D251 | <i>Prānāyāma</i> | 07/02/1976 | 0:35 |
| D252 | Life-Rhythm (II) | 08/02/1976 | 0:44 |
| D253 | Right Attentiveness: Response: Transformation | 20/02/1976 | 0:34 |
| D254 | The Importance of Attentiveness | 21/02/1976 | 0:44 |
| D255 | The Implications of Total Awareness | 22/02/1976 | 0:40 |
| D256 | Striving | 12/03/1976 | 0:39 |
| D257 | Death: Unification: Love | 13/03/1976 | 0:39 |
| D258 | Death: Perfector, Liberator, Consummator | 14/03/1976 | 0:38 |
| D259 | The World State Depends on Children's Upbringing (I) | 26/03/1976 | 0:37 |
| D260 | The Family and the Individual | 27/03/1976 | 0:48 |
| D261 | Each is a Receptor and Transmitter of Transcendent Energies | 28/03/1976 | 0:57 |

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| Cat. no. | Talk Title | Given on | Length h:mm |
|-----------------|--|-----------------|--------------------|
| D262 | The World State Depends on Children's Upbringing (II) | 09/04/1976 | 0:29 |
| D263 | Hui-Neng: Sudden Enlightenment | 10/04/1976 | 1:00 |
| D264 | Zen | 11/04/1976 | 0:31 |
| D265 | The Religious Approach to Disaster, Illness and Death (I) | 07/05/1976 | 0:41 |
| D266 | The Religious Approach to Disaster, Illness and Death (II) | 08/05/1976 | 0:48 |
| D267 | The Religious Approach to Disaster, Illness and Death (III) | 09/05/1976 | 0:46 |
| D268 | What Sort of Man is the Master? | 21/05/1976 | 0:42 |
| D269 | <i>Karma</i> and Other Questions | 22/05/1976 | 1:01 |
| D270 | The Teacher-Pupil and their Relationship | 23/05/1976 | 0:59 |
| D271 | The Real Way | 04/06/1976 | 1:02 |
| D272 | Recurring Problems | 05/06/1976 | 0:52 |
| D273 | <i>Mantra</i>: Word of Power (III) | 06/06/1976 | 0:58 |
| D274 | Attentiveness | 18/07/1976 | 0:54 |
| D275 | The Lightning of Transcendence | 13/08/1976 | 0:56 |
| D276 | Man: A Nexus for Transcendent Energy | 14/08/1976 | 0:48 |
| D277 | Silence: The Word | 15/08/1976 | 0:59 |
| D278 | Meaning of Meditation (I) | 15/10/1976 | 0:57 |
| D279 | Meaning of Meditation (II) | 16/10/1976 | 0:55 |
| D280 | Meaning of Meditation (III) | 17/10/1976 | 0:56 |
| D281 | Meaning of Meditation (IV) | 26/11/1976 | 0:56 |

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| Cat. no. | Talk Title | Given on | Length h:mm |
|-----------------|--|-----------------|--------------------|
| D282 | Brain and Mind | 27/11/1976 | 0:49 |
| D283 | Meaning of Meditation (V) | 28/11/1976 | 0:52 |
| D284 | Religious Living (II) | 07/01/1977 | 0:46 |
| D285 | See Fact as Fact (In the Seeing There is Only the Seen) | 08/01/1977 | 0:59 |
| D286 | Religiousness: Implications of <i>Sīla</i> and <i>Samādhi</i> | 09/01/1977 | 1:00 |
| D287 | Considering Together: Mindfulness (I) | 21/01/1977 | 0:52 |
| D288 | Considering Together: Mindfulness (II) | 23/01/1977 | 0:36 |
| D289 | Doubt - and Similar Problems | 18/03/1977 | 0:41 |
| D290 | Problems | 19/03/1977 | 0:46 |
| D291 | Modes of Awareness (II) | 20/03/1977 | 0:58 |
| D292 | Longings | 15/04/1977 | 0:51 |
| D293 | Religious Longings (I) | 16/04/1977 | 0:52 |
| D294 | Religious Longings (II) | 17/04/1977 | 1:02 |
| D295 | Virtue | 29/04/1977 | 0:44 |
| D296 | "Child of the Immortal Light" (I) | 30/04/1977 | 0:44 |
| D297 | "Child of the Immortal Light" (II) | 01/05/1977 | 0:39 |
| D298 | Yoga (II) | 09/07/1977 | 1:01 |
| D299 | Pain and Suffering | 15/07/1977 | 1:05 |
| D300 | Considering Together | 16/07/1977 | 0:48 |
| D301 | Self-Discipline: Conflict: Language | 17/07/1977 | 0:51 |

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| Cat. no. | Talk Title | Given on | Length h:mm |
|-----------------|---|-----------------|--------------------|
| D302 | Religious Living (III) | 28/10/1977 | 1:02 |
| D303 | Healing the World | 29/10/1977 | 0:41 |
| D304 | "I Know, and Am, Nothing" | 30/10/1977 | 0:41 |
| D305 | <i>Anattā</i> | 06/01/1978 | 0:45 |
| D306 | <i>Ātman and Anattā (I)</i> | 07/01/1978 | 0:46 |
| D307 | <i>Ātman and Anattā (II)</i> | 08/01/1978 | 0:49 |
| D308 | Mind: Psyche: Earth Meditation (I) | 03/02/1978 | 0:58 |
| D309 | Mind: Psyche: Earth Meditation (II) | 04/02/1978 | 1:01 |
| D310 | Mind is Transcendence Meditating: Earth Meditation | 05/02/1978 | 1:02 |
| D311 | Purpose of Existence | 10/03/1978 | 0:40 |
| D312 | The Transmission: Purpose of Existence | 11/03/1978 | 0:43 |
| D313 | The Elijah-Elisha Transmission | 12/03/1978 | 0:47 |
| D314 | <i>Re-legere and Re-ligare (I)</i> | 16/06/1978 | 0:44 |
| D315 | <i>Re-legere and Re-ligare (II)</i> | 17/06/1978 | 0:39 |
| D316 | <i>Re-legere and Re-ligare (III)</i> | 18/06/1978 | 0:39 |
| D317 | Total Commitment (I) | 21/07/1978 | 0:43 |
| D318 | Total Commitment (II) | 22/07/1978 | 0:44 |
| D319 | Total Commitment (III) | 23/07/1978 | 0:40 |
| D320 | We are Creatures of Feeling (I) | 18/08/1978 | 0:40 |
| D321 | We are Creatures of Feeling (II) | 19/08/1978 | 0:46 |

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| Cat. no. | Talk Title | Given on | Length h:mm |
|-----------------|---|-----------------|--------------------|
| D322 | Feelings: Thought: Desires | 20/08/1978 | 0:45 |
| D323 | Discipline: Relationships: Difficulties | 13/10/1978 | 0:44 |
| D324 | "Love Thy Neighbour as Thyself" | 14/10/1978 | 0:52 |
| D325 | The Silence (I) | 24/11/1978 | 0:40 |
| D326 | The Silence (II) | 25/11/1978 | 0:47 |
| D327 | The Silence (III) | 26/11/1978 | 0:44 |
| D328 | The Eternal Silence | 05/01/1979 | 0:51 |
| D329 | The Senses as Cords of Communion | 06/01/1979 | 0:33 |
| D330 | The Silence of Eternity | 07/01/1979 | 0:48 |
| D331 | Perceiving the Life-Trend | 09/02/1979 | 0:56 |
| D332 | The Transformation of the Subhuman | 10/02/1979 | 0:36 |
| D333 | The Diamond Sutra | 11/02/1979 | 0:57 |
| D334 | Perceptions - and the Truth | 09/03/1979 | 0:44 |
| D335 | Unconditioned Freedom of Mind (I) | 10/03/1979 | 0:47 |
| D336 | Unconditioned Freedom of Mind (II) | 11/03/1979 | 0:44 |
| D337 | Consciousness (I) | 06/04/1979 | 0:35 |
| D338 | Consciousness (II) | 07/04/1979 | 0:49 |
| D339 | Consciousness (III) | 08/04/1979 | 0:43 |
| D340 | Are We Really Living the Religious Life? | 04/05/1979 | 0:44 |
| D341 | Destiny and Fate | 05/05/1979 | 0:40 |

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| Cat. no. | Talk Title | Given on | Length h:mm |
|-----------------|--|-----------------|--------------------|
| D342 | <i>Dhamma</i> and the Heart of Religion | 06/05/1979 | 0:46 |
| D343 | The Supreme Meditative State | 06/07/1979 | 0:44 |
| D344 | In the Beginning | 07/07/1979 | 0:48 |
| D345 | Perfect Man | 08/07/1979 | 0:42 |
| D346 | Timeless Conjugation (I) | 10/08/1979 | 0:48 |
| D347 | Timeless Conjugation (II) | 11/08/1979 | 0:43 |
| D348 | Timeless Conjugation (III) | 12/08/1979 | 1:03 |
| D349 | <i>Puruṣa</i> (I) | 02/11/1979 | 0:55 |
| D350 | <i>Puruṣa</i> (II) | 03/11/1979 | 0:28 |
| D351 | "The Mount of the Lord" | 04/11/1979 | 0:38 |
| D352 | Self-Awareness | 10/02/1980 | 0:30 |
| D353 | The Sense of the Trend of Life | 23/02/1980 | 0:51 |
| D354 | Have We Become True Human Beings? | 22/03/1980 | 0:53 |
| D355 | Transcendence is Infinite and Self-Replenishing | 23/03/1980 | 0:40 |
| D356 | The New Individual | 26/04/1980 | 0:53 |
| D357 | Birth and Death | 27/04/1980 | 0:38 |
| D358 | The Life-Death Pulse (I) | 17/05/1980 | 0:40 |
| D359 | The Life-Death Pulse (II) | 18/05/1980 | 0:42 |
| D360 | The Sigālovāda Suttanta (I) | 05/07/1980 | 0:47 |
| D361 | The Sigālovāda Suttanta (II) | 06/07/1980 | 0:44 |

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| Cat. no. | Talk Title | Given on | Length h:mm |
|-----------------|---|-----------------|--------------------|
| D362 | Senses: Thinking: Purification: <i>Ātman</i> | 01/08/1980 | 0:29 |
| D363 | <i>Ātman</i> | 02/08/1980 | 0:28 |
| D364 | Purification of the Senses | 03/08/1980 | 0:32 |
| D365 | Living the Religious Life | 12/09/1980 | 0:45 |
| D366 | Good Manners | 13/09/1980 | 0:45 |
| D367 | "Marriages Were Made in Heaven" | 14/09/1980 | 0:47 |
| D368 | The Purpose of Religious Life | 10/10/1980 | 0:42 |
| D369 | The Void (II): Questions | 11/10/1980 | 0:44 |
| D370 | Consciousness (IV) | 12/10/1980 | 0:43 |
| D371 | Proliferation of Consciousness | 08/11/1980 | 0:42 |
| D372 | What Am I to Do? | 09/11/1980 | 0:46 |
| D373 | Living Religiously | 05/12/1980 | 0:45 |
| D374 | Happiness (I) | 06/12/1980 | 0:40 |
| D375 | Happiness (II) | 07/12/1980 | 0:50 |
| D376 | <i>Karma</i> (III) | 16/01/1981 | 0:41 |
| D377 | <i>Karma</i> (IV) | 17/01/1981 | 0:43 |
| D378 | <i>Karma</i> (V) | 18/01/1981 | 0:45 |
| D379 | <i>Karma</i> (VI) | 13/02/1981 | 0:47 |
| D380 | <i>Karma</i> (VII) | 14/02/1981 | 0:39 |
| D381 | <i>Karma</i> (VIII) | 15/02/1981 | 0:46 |

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| Cat. no. | Talk Title | Given on | Length h:mm |
|-----------------|---|-----------------|--------------------|
| D382 | The Great Teachers' Affirmations and Promises | 13/03/1981 | 0:41 |
| D383 | Love (V) | 14/03/1981 | 0:46 |
| D384 | The Promise | 15/03/1981 | 0:46 |
| D385 | The Realm of Unitary Wholeness is the Realm of Silence | 01/05/1981 | 0:46 |
| D386 | Meaning and Significance of Consciousness | 02/05/1981 | 0:45 |
| D387 | Affirmations of Transcendence | 03/05/1981 | 0:48 |
| D388 | Supreme Knowledge Belongs to Unified Awareness | 12/06/1981 | 0:41 |
| D389 | The Conditioned Mind and Freedom Therefrom | 13/06/1981 | 0:48 |
| D390 | <i>Viññāṇa: Ānanda</i> | 14/06/1981 | 0:33 |
| D391 | "Effort" and the Religious Life (I) | 03/07/1981 | 0:26 |
| D392 | "Effort" and the Religious Life (II) | 04/07/1981 | 0:48 |
| D393 | "Effort" and the Religious Life (III) | 05/07/1981 | 0:44 |
| D394 | Why Do We Turn to Religion? (I) | 07/08/1981 | 0:44 |
| D395 | Why Do We Turn to Religion? (II) | 08/08/1981 | 0:44 |
| D396 | Why Do We Turn to Religion? (III) | 09/08/1981 | 0:37 |
| D397 | Meditation (III) | 11/09/1981 | 0:39 |
| D398 | Meditation (IV) | 12/09/1981 | 0:45 |
| D399 | Meditation (V) | 13/09/1981 | 0:43 |
| D400 | Meditation (VI) | 16/10/1981 | 0:44 |
| D401 | Meditation (VII) | 17/10/1981 | 0:39 |

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| Cat. no. | Talk Title | Given on | Length h:mm |
|-----------------|---|-----------------|--------------------|
| D402 | Meditation (VIII) | 18/10/1981 | 0:45 |
| D403 | Meditation (IX) | 13/11/1981 | 0:40 |
| D404 | Meditation (X) | 14/11/1981 | 0:42 |
| D405 | Meditation (XI) | 15/11/1981 | 0:43 |
| D406 | Meditation (XII) | 12/12/1981 | 0:43 |
| D407 | Meditation (XIII) | 13/12/1981 | 0:39 |
| D408 | Good Works (I) | 15/01/1982 | 0:37 |
| D409 | Good Works (II) | 16/01/1982 | 0:45 |
| D410 | Good Works (III) | 17/01/1982 | 0:42 |
| D411 | After Twenty Years (I) | 12/02/1982 | 0:47 |
| D412 | After Twenty Years (II) | 13/02/1982 | 0:41 |
| D413 | The Teachers of Ancient India | 14/02/1982 | 0:46 |
| D414 | Quietness and Silence (I) | 12/03/1982 | 0:44 |
| D415 | Quietness and Silence (II) | 13/03/1982 | 0:39 |
| D416 | Quietness and Silence (III) | 14/03/1982 | 0:41 |
| D417 | The Silence (IV) | 16/04/1982 | 0:42 |
| D418 | The Silence (V) | 17/04/1982 | 0:36 |
| D419 | Death: Silence | 18/04/1982 | 0:47 |
| D420 | The Right Use of the Senses (I) | 21/05/1982 | 0:44 |
| D421 | The Right Use of the Senses (II) | 22/05/1982 | 0:44 |

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| Cat. no. | Talk Title | Given on | Length h:mm |
|-----------------|--|-----------------|--------------------|
| D422 | The Right Use of the Senses (III) | 23/05/1982 | 0:48 |
| D423 | Man and the Ape | 16/07/1982 | 0:38 |
| D424 | Religious Education for One's Children | 17/07/1982 | 0:40 |
| D425 | The Blissful Creator | 18/07/1982 | 0:41 |
| D426 | Starting from the Other Shore | 11/03/1983 | 0:52 |
| D427 | Infinity: Eternity: Immortality (I) | 12/03/1983 | 0:43 |
| D428 | Infinity: Eternity: Immortality (II) | 13/03/1983 | 0:46 |
| D429 | It is All Here-Now | 15/04/1983 | 0:40 |
| D430 | The Way | 16/04/1983 | 0:37 |
| D431 | The Death of TCH | 17/04/1983 | 1:01 |
| D432 | There is no Blueprint | 01/07/1983 | 0:45 |
| D433 | Why Do We Talk At All? | 02/07/1983 | 0:40 |
| D434 | Religious Living (IV) | 03/07/1983 | 0:44 |
| D435 | Religious Living is Holiness in Action (I) | 05/08/1983 | 0:35 |
| D436 | Religious Living is Holiness in Action (II) | 06/08/1983 | 0:48 |
| D437 | The World is a School of Life | 07/08/1983 | 0:40 |
| D438 | <i>Re-legere and Re-ligare (IV)</i> | 30/09/1983 | 0:44 |
| D439 | <i>Re-legere and Re-ligare (V)</i> | 01/10/1983 | 0:35 |
| D440 | Transcendent Realization | 02/10/1983 | 0:37 |
| D441 | Total Relationship (I) | 28/10/1983 | 0:44 |

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| Cat. no. | Talk Title | Given on | Length h:mm |
|-----------------|--|-----------------|--------------------|
| D442 | Total Relationship (II) | 29/10/1983 | 0:45 |
| D443 | Total Relationship (III) | 30/10/1983 | 0:41 |
| D444 | Freedom of Mind is Essential for Total Relationship with Life | 03/12/1983 | 0:46 |
| D445 | Deal with Yourself | 04/12/1983 | 0:43 |
| D446 | Unitary Wholeness | 06/01/1984 | 0:41 |
| D447 | Living Humanly | 07/01/1984 | 0:37 |
| D448 | God | 08/01/1984 | 0:44 |
| D449 | Transcendence is the Infinite, Eternal, Immortal | 10/02/1984 | 0:44 |
| D450 | Freeing Oneself from Misconceptions and False Feelings | 11/02/1984 | 0:44 |
| D451 | Something Left Out | 12/02/1984 | 0:45 |
| D452 | Action - Karma (I) | 09/03/1984 | 0:42 |
| D453 | Action - Karma (II) | 10/03/1984 | 0:48 |
| D454 | Being Conscious of Truth | 11/03/1984 | 0:44 |
| D455 | Cleansing the Psyche | 11/05/1984 | 0:39 |
| D456 | Religious Living is Fully Human Life | 12/05/1984 | 0:43 |
| D457 | The Evolution of Consciousness | 13/05/1984 | 0:45 |
| D458 | Harmlessness | 22/06/1984 | 0:43 |
| D459 | The Need for a New Ontology, Cosmology | 23/06/1984 | 0:43 |
| D460 | The Only Solution to World Problems | 24/06/1984 | 0:46 |
| D461 | Consciousness Has to Evolve Towards Unitary Wholeness | 03/08/1984 | 0:35 |

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| Cat. no. | Talk Title | Given on | Length h:mm |
|-----------------|---|-----------------|--------------------|
| D462 | Religion in Need of Renovation | 04/08/1984 | 0:45 |
| D463 | Your Own Path | 05/08/1984 | 0:40 |
| D464 | Freedom from Fear and Sorrow (I) | 28/09/1984 | 0:47 |
| D465 | Freedom from Fear and Sorrow (II) | 29/09/1984 | 0:40 |
| D466 | Fear and Death | 30/09/1984 | 0:42 |
| D467 | <i>Dukkha</i> | 02/11/1984 | 0:40 |
| D468 | The Understanding of the "I" Consciousness | 03/11/1984 | 0:41 |
| D469 | Healing the Psyche is our Personal Responsibility | 04/11/1984 | 0:43 |
| D470 | Be a Light in the World | 07/12/1984 | 0:48 |
| D471 | Being Absent from "Me" | 08/12/1984 | 0:42 |
| D472 | Be Free of Fear and so of Sorrow | 09/12/1984 | 0:45 |
| D473 | Each One of Us is the World | 11/01/1985 | 0:35 |
| D474 | The Spirit of Christmas - Peace, Strength, Comfort | 12/01/1985 | 0:43 |
| D475 | Emergence of Christ-Consciousness | 13/01/1985 | 0:43 |
| D476 | This-All | 08/02/1985 | 0:43 |
| D477 | Holistic Consciousness (I) | 09/02/1985 | 0:45 |
| D478 | Creativity of the Spirit | 10/02/1985 | 0:43 |
| D479 | Everything is Transcendence | 12/04/1985 | 0:47 |
| D480 | What is the "Spirit" of Man? | 13/04/1985 | 0:49 |
| D481 | Primordial Creative Energy (I) | 14/04/1985 | 0:41 |

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| Cat. no. | Talk Title | Given on | Length h:mm |
|-----------------|---|-----------------|--------------------|
| D482 | Holistic Consciousness (II) | 17/05/1985 | 0:44 |
| D483 | There is Nothing for the Self | 18/05/1985 | 0:33 |
| D484 | Primordial Creative Energy (II) | 19/05/1985 | 0:51 |
| D485 | Being Conscious in a New Way | 21/06/1985 | 0:39 |
| D486 | Conditioning | 22/06/1985 | 0:43 |
| D487 | Realizing Transcendence | 23/06/1985 | 0:47 |
| D488 | Realization of Truth | 26/07/1985 | 0:42 |
| D489 | Truth is Inexpressible | 27/07/1985 | 0:48 |
| D490 | Shape and Form | 28/07/1985 | 0:45 |
| D491 | In the Quiet, Light Steals in | 21/09/1985 | 0:41 |
| D492 | Consciousness is Evolving Towards Holistic Consciousness | 22/09/1985 | 0:38 |
| D493 | <i>Vohu Mano</i> | 19/10/1985 | 0:44 |
| D494 | Perfect Communion | 20/10/1985 | 0:46 |
| D495 | Holistic Consciousness and Worldly Consciousness | 23/11/1985 | 0:43 |
| D496 | One's Inner Consciousness | 24/11/1985 | 0:47 |
| D497 | "I Am the All-Void" | 14/12/1985 | 0:44 |
| D498 | "The 'I' that has Given up 'I'" | 15/12/1985 | 0:49 |
| D499 | How Many of Us Live According to Truth? | 01/03/1986 | 0:35 |
| D500 | The Awe of the Lord | 02/03/1986 | 0:43 |
| D501 | Our Capacity to Receive Truth | 05/04/1986 | 0:43 |

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| Cat. no. | Talk Title | Given on | Length h:mm |
|-----------------|--|-----------------|--------------------|
| D502 | Are There Eternal Verities? | 06/04/1986 | 0:41 |
| D503 | That which is Above and Beyond | 10/05/1986 | 0:34 |
| D504 | Meanings of Words | 11/05/1986 | 0:49 |
| D505 | The Teacher-Pupil Relationship | 21/06/1986 | 0:43 |
| D506 | Three Main Aspects of Teaching in Ancient India | 22/06/1986 | 0:39 |
| D507 | "Choose to Live as a Child" (I) | 26/07/1986 | 0:49 |
| D508 | "Choose to Live as a Child" (II) | 27/07/1986 | 0:41 |
| D509 | The Emergence of Dualistic Consciousness | 20/09/1986 | 0:35 |
| D510 | Unknowing Communion | 21/09/1986 | 0:41 |
| D511 | The Consciousness of the Silent One | 25/10/1986 | 0:42 |
| D512 | The Source and the Goal | 26/10/1986 | 0:45 |
| D513 | The Pleasure-Pain Principle | 22/11/1986 | 0:32 |
| D514 | Being in Tune with Life's Process | 23/11/1986 | 0:39 |
| D515 | Finding Right Fulfilment | 03/01/1987 | 0:38 |
| D516 | Eternity Subsumes All Time | 04/01/1987 | 0:39 |
| D517 | Total Attentiveness (II) | 07/02/1987 | 0:32 |
| D518 | The Unknowing "Knowing" | 08/02/1987 | 0:31 |
| D519 | Man is a Religious Being | 07/03/1987 | 0:43 |
| D520 | Our Awakening to Transcendence | 08/03/1987 | 0:48 |
| D521 | You Are the Truth | 11/04/1987 | 0:42 |

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| Cat. no. | Talk Title | Given on | Length h:mm |
|-----------------|--|-----------------|--------------------|
| D522 | The Beauty of Transcendence | 12/04/1987 | 0:40 |
| D523 | Moses (I) | 16/05/1987 | 0:43 |
| D524 | Moses (II) | 17/05/1987 | 0:42 |
| D525 | <i>Mi and Eleh</i> | 20/06/1987 | 0:43 |
| D526 | You Cannot "Find" God - God Finds You! | 21/06/1987 | 0:47 |
| D527 | The Brain | 25/07/1987 | 0:39 |
| D528 | Spiritual Induction | 26/07/1987 | 0:44 |
| D529 | Transcendence Never Ceases Creating | 19/09/1987 | 0:45 |
| D530 | The Silence of Communion | 20/09/1987 | 0:46 |
| D531 | Who Am I? | 24/10/1987 | 0:32 |
| D532 | Transcendent Awareness | 25/10/1987 | 0:43 |
| D533 | Jesus's Special Message | 05/12/1987 | 0:40 |
| D534 | The Significance of Jesus's Teaching | 06/12/1987 | 0:46 |
| D535 | Transcendence Realizes its Own Transcendence | 10/01/1988 | 0:47 |
| D536 | "Life" and "Death" are Immortal Complementaries | 13/02/1988 | 0:48 |
| D537 | <i>Puruṣa</i> (III) | 14/02/1988 | 0:33 |
| D538 | In Holistic Consciousness There is No Fear | 12/03/1988 | 0:44 |
| D539 | The Messiah | 13/03/1988 | 0:44 |
| D540 | Peace | 17/04/1988 | 0:42 |
| D541 | The Lord of Death | 21/05/1988 | 0:40 |

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| Cat. no. | Talk Title | Given on | Length h:mm |
|-----------------|--|-----------------|--------------------|
| D542 | The House of Death | 22/05/1988 | 0:49 |
| D543 | The Importance of Silence | 18/06/1988 | 0:44 |
| D544 | Seeing the Purpose of Our Existence | 19/06/1988 | 0:45 |
| D545 | The Silence of the Brain | 09/07/1988 | 0:45 |
| D546 | The Bhagavad Gītā | 10/07/1988 | 0:48 |
| D547 | The Container and the Contained | 13/08/1988 | 0:42 |
| D548 | Primordial Creative Energy (III) | 14/08/1988 | 0:51 |
| D549 | Time and Eternity | 17/09/1988 | 0:29 |
| D550 | The Chariot | 18/09/1988 | 0:30 |
| D551 | Living Religiously (I) | 15/10/1988 | 0:49 |
| D552 | Living Religiously (II) | 16/10/1988 | 0:46 |
| D553 | The Body (VI) | 19/11/1988 | 0:42 |
| D554 | The Senses | 20/11/1988 | 0:50 |
| D555 | Jesus as Carpenter (I) | 17/12/1988 | 0:46 |
| D556 | Jesus as Carpenter (II) | 18/12/1988 | 0:47 |
| D557 | Closing of Group Meetings | 14/01/1989 | 0:41 |
| DX001 | The Infinite is not a Reward - It Is! | 22/06/1969 | 1:05 |
| DX002 | The Nature of our Fundamental Beliefs | 28/09/1969 | 1:10 |
| DX003 | Sorrow and Suffering | 23/11/1969 | 1:05 |
| DX004 | Perfect Understanding of Sorrow | 06/12/1969 | 1:08 |

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| Cat. no. | Talk Title | Given on | Length h:mm |
|-----------------|---|-----------------|--------------------|
| DX005 | The Festive Season | 02/12/1990 | 0:47 |
| DX006 | Stages of Happiness | 13/01/1991 | 0:39 |
| DX007 | This World of Saṃsāra | 17/02/1991 | 0:43 |
| DX008 | Truth: Goodness: Beauty | 21/04/1991 | 0:50 |
| E001 | What It Means to be Human | 15/09/1974 | 0:50 |
| E002 | "Adam, Where Art Thou?" | 03/04/1975 | 0:42 |
| E003 | The Divine Creation | 03/04/1975 | 0:53 |
| E004 | The Earth Meditation | 04/04/1975 | 0:53 |
| E005 | One's Own Being is One's Proper Path | 04/04/1975 | 0:56 |
| E006 | The Happiness of the Religious Life | 05/04/1975 | 0:53 |
| E007 | "Just the Path is Enlightenment: Just Enlightenment is the Path" | 05/04/1975 | 0:47 |
| E008 | The Profound Significance of the Crucifixion: The Supreme Relinquishment | 06/04/1975 | 0:53 |
| E009 | The Sacrifice of the Body: The Denudation of the Mind | 06/04/1975 | 0:58 |
| E010 | The Meaning of the Silence | 07/04/1975 | 0:47 |
| E011 | Your Living Being is the Holy Cup | 07/04/1975 | 0:58 |
| E012 | In the House of Life is a Door named Death | 08/04/1975 | 0:31 |
| E013 | Some Practical Aspects of Living the Religious Life | 08/04/1975 | 0:53 |
| E014 | What do we Mean by Meditation? | 19/09/1975 | 0:36 |
| E015 | Happiness | 19/09/1975 | 0:57 |
| E016 | Meditation and Meditative Walking (I) | 20/09/1975 | 0:43 |

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| Cat. no. | Talk Title | Given on | Length h:mm |
|-----------------|--|-----------------|--------------------|
| E017 | Purification | 20/09/1975 | 0:53 |
| E018 | Meditation and Meditative Walking (II) | 21/09/1975 | 0:54 |
| E019 | Look Within | 21/09/1975 | 0:53 |
| E020 | Complete Attention: Meditation and Meditative Walking | 22/09/1975 | 1:01 |
| E021 | Let the Light Shine | 22/09/1975 | 0:53 |
| E022 | Meditative Walking: Allowing Communion to Emerge | 24/09/1976 | 0:58 |
| E023 | Living in Communion - We Have the Power to Choose | 24/09/1976 | 0:52 |
| E024 | Meditative Walking: Taking in All that is Present | 25/09/1976 | 0:53 |
| E025 | Divine Love | 25/09/1976 | 0:45 |
| E026 | Our Touch with the Universal Mother: Meditative Walking | 26/09/1976 | 0:51 |
| E027 | Living Fully as the True Human | 26/09/1976 | 0:54 |
| E028 | Right Happiness: Meditative Walking | 27/09/1976 | 0:59 |
| E029 | The True Individual | 27/09/1976 | 0:50 |
| E030 | Why Do We Come to Elmau?: Meditative Walking | 22/09/1977 | 1:00 |
| E031 | Let There be Listening, Looking, without Judgement | 22/09/1977 | 1:01 |
| E032 | The Beauty, the Marvel of Death | 23/09/1977 | 0:44 |
| E033 | The Human - The Happy Creator | 23/09/1977 | 0:54 |
| E034 | The Eternal Song of Life | 24/09/1977 | 0:40 |
| E035 | Mind is Transcendence Meditating | 24/09/1977 | 0:59 |
| E036 | The State of Innocence | 25/09/1977 | 0:58 |

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| Cat. no. | Talk Title | Given on | Length h:mm |
|-----------------|--|-----------------|--------------------|
| E037 | The Waters of Eternal Life | 25/09/1977 | 0:38 |
| E038 | The Supreme Suffering | 21/09/1978 | 0:51 |
| E039 | What is Mind? | 22/09/1978 | 0:57 |
| E040 | The Illusion of the Personal Entity | 23/09/1978 | 0:57 |
| E041 | The Power of Divine Love | 24/09/1978 | 0:52 |
| E042 | Living in Harmony with Nature | 06/10/1979 | 0:40 |
| E043 | Unknowing | 07/10/1979 | 0:44 |
| E044 | Happiness and Suffering | 16/06/1980 | 0:42 |
| E045 | "Man Verily is God: God Verily is Man" | 17/06/1980 | 0:53 |
| K001 | Transformation of Awareness | 17/01/1976 | 1:27 |
| K002 | The New World of Mind and Consciousness | 14/02/1976 | 1:30 |
| K003 | Life is not Finite - It is! | 01/05/1976 | 1:28 |
| K004 | Faith, Belief and Death | 12/06/1976 | 1:23 |
| K005 | The Total Revolution | 30/07/1977 | 1:32 |
| L001 | Inaugural Trust Meeting: The Forming of the Trust: The Quiet Mind: Questions: The Responsibility of the Individual: Unitary Wholeness | 11/03/1990 | 0:33 |
| L002 | Children of the New Dawn (II) | 01/04/1990 | 0:09 |
| L003 | Questions and Discussion: Impersonal Love | 20/05/1990 | 0:53 |
| L004 | The Unattainable - the Unknowable | 14/07/1990 | 0:09 |
| L005 | The Release into Transcendence | 11/08/1990 | 0:39 |
| M001 | The Marvel of the Divine | 30/04/1983 | 0:49 |

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| Cat. no. | Talk Title | Given on | Length h:mm |
|-----------------|--|-----------------|--------------------|
| M002 | Whither Goes Man? (I) | 12/05/1986 | 1:02 |
| M003 | Funeral Address: Music | 06/05/1994 | 0:21 |
| P001 | Learning: Discipleship: Silence | 08/05/1974 | 0:41 |
| P002 | Lynchpin of Religion: Discipline: Maturing of the Mind: Freedom | 09/05/1974 | 1:13 |
| P003 | The Nature of Meditation (II) | 09/05/1974 | 0:28 |
| P004 | Mindfulness: Growing to Egohood and Egoless Being: Sense Pleasures and <i>Vāsanās</i> | 10/05/1974 | 1:28 |
| P005 | Discussion: Drive and Desire | 10/05/1974 | 0:46 |
| P006 | "Put Aside with Right Wisdom": Emptying the Mind: Selflessness | 11/05/1974 | 1:31 |
| P007 | The Zodiac (III) | 11/05/1974 | 1:07 |
| P008 | <i>Mūlādhāra</i> to <i>Sahasrāra</i> | 13/05/1974 | 1:29 |
| P009 | Qualities of the Teachers | 13/05/1974 | 0:28 |
| P010 | Adam, Eve, and Eden | 14/05/1974 | 0:45 |
| P011 | Indra, Ahi-Vṛtra, and Budhnya | 14/05/1974 | 0:43 |
| P012 | Discussion: Love | 14/05/1974 | 0:55 |
| P013 | Yama: <i>Avasthās</i>: <i>Jhāna</i> - <i>Samāpatti</i> | 15/05/1974 | 1:31 |
| P014 | Meditation: <i>Sīlas</i>: <i>Mettā</i>: <i>Karuṇā</i>: <i>Śānti</i>: Earth: Patience: Forbearance | 15/05/1974 | 0:20 |
| P015 | "Whatsoever Begins... Ends" - Farewell Address - Meditation - <i>Mettā</i> | 16/05/1974 | 0:32 |
| P016 | Do We Know Each Other? | 23/05/1975 | 0:51 |
| P017 | Love: Worship: Prayer | 24/05/1975 | 1:01 |
| P018 | Really Looking | 24/05/1975 | 0:54 |

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| Cat. no. | Talk Title | Given on | Length h:mm |
|-----------------|---|-----------------|--------------------|
| P019 | Divine Love | 25/05/1975 | 0:56 |
| P020 | An Exercise in Harmony | 25/05/1975 | 0:17 |
| P021 | The Death of the Known | 26/05/1975 | 0:52 |
| P022 | Transcendent Mind: Supreme Communion | 27/05/1975 | 0:56 |
| P023 | Love, Sex, Celibacy | 27/05/1975 | 0:53 |
| P024 | The Silence Speaks to Us | 29/05/1975 | 1:02 |
| P025 | Our Power of Attentiveness is our Instrument of Salvation | 29/05/1975 | 1:02 |
| P026 | Self Discipline | 15/06/1976 | 0:48 |
| P027 | Earth Meditation: Meditative Walking | 15/06/1976 | 0:54 |
| P028 | The Divine Names | 16/06/1976 | 0:44 |
| P029 | Discussion: Words: Compassion: Healing | 16/06/1976 | 1:07 |
| P030 | Yoga: Mantras, Use and Misuse | 16/06/1976 | 1:19 |
| P031 | The Qabalah (I) | 17/06/1976 | 0:45 |
| P032 | The Qabalah (II) | 17/06/1976 | 0:40 |
| P033 | Questions: The Family: The Ancient Wisdom: True Compassion | 17/06/1976 | 0:57 |
| P034 | Hindu and Buddhist Presentations of the Self | 19/06/1976 | 1:00 |
| P035 | Learning by Growing Happily | 19/06/1976 | 0:55 |
| P036 | Discussion: A New Conception of Matter: The Life/Other Life Pulse: Aloneness | 19/06/1976 | 0:25 |
| P037 | States of Awareness | 19/06/1976 | 1:01 |
| P038 | The <i>Cakras</i> | 20/06/1976 | 0:52 |

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| Cat. no. | Talk Title | Given on | Length h:mm |
|-----------------|---|-----------------|--------------------|
| P039 | The Zodiac (IV) | 20/06/1976 | 1:20 |
| P040 | Questions: Joy and Sorrow: Power: The Genius of Beethoven: Death | 20/06/1976 | 1:01 |
| P041 | The Learning, the Working and the Growing | 21/06/1976 | 0:27 |
| P042 | Learning Happily | 16/05/1977 | 0:05 |
| P043 | Holy Day (I) | 17/05/1977 | 0:41 |
| P044 | Let There be Total Seeing, Total Hearing: Meditative Walking | 17/05/1977 | 0:42 |
| P045 | Holy Day (II) | 18/05/1977 | 0:49 |
| P046 | Questions: Energy: Power: Self-Centredness: Suffering: The Goal | 18/05/1977 | 0:59 |
| P047 | Every Day is a Holy Day | 19/05/1977 | 0:56 |
| P048 | Speech | 21/05/1977 | 0:46 |
| P049 | Discussion: Anger: Energy: Yama and Naciketas: The Fear of Death | 21/05/1977 | 0:41 |
| P050 | Holy Day (III) | 22/05/1977 | 0:43 |
| P051 | Discussion: Doubt | 22/05/1977 | 1:02 |
| P052 | The Miracle that can Manifest through Man | 23/05/1977 | 0:27 |
| Y001 | The Meaning and Purpose of Yoga | 07/04/1971 | 0:54 |
| Y002 | Questions: Practice of Yoga in the World: Asceticism: Sleep: Food: Death | 07/04/1971 | 0:52 |
| Y003 | Psycho-Spiritual Aspects of Yoga (I): Questions: Commonsense and Good Sense: Psychotherapy and Yoga: The Joining | 14/04/1971 | 1:01 |
| Y004 | Psycho-Spiritual Aspects of Yoga (II): Questions: Māya: The Wandering Mind: Meditation: Good Sense | 14/04/1971 | 1:02 |
| Y005 | Yoga: The <i>Cakras</i> and the Transformation of Consciousness | 01/11/1971 | 1:05 |
| Y006 | Questions: Consciousness and Death: Physical Exercise and Meditation: <i>Mantras</i>: Identity of Religions | 01/11/1971 | 0:41 |

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| Cat. no. | Talk Title | Given on | Length h:mm |
|-----------------|---|-----------------|--------------------|
| Y007 | Yoga Teachers Meeting | 18/02/1976 | 1:06 |
| Y008 | The Origin and Development of Yoga: The Yoga Upaniṣads | 11/12/1976 | 0:58 |
| Y009 | Yoga: The <i>Cakras</i>: Śiva-Śakti | 11/12/1976 | 1:03 |
| Y010 | The Worldling and the Yogi: Questions: Meditation: Aversion: Evil: Satan: Judas Iscariot | 10/12/1977 | 1:35 |
| Y011 | Yoga: Its Full Meaning and Purpose | 05/05/1978 | 1:07 |
| Y012 | Yoga in Daily Life | 09/12/1978 | 0:48 |
| Y013 | Questions: Yoga in Daily Life | 09/12/1978 | 0:43 |
| Z001 | Zarathushtra's Transcendental Vision of Ahura Mazda | 12/11/1978 | 0:54 |
| Z002 | The Meaning and Significance of Religion | 22/04/1979 | 0:53 |
| Z003 | Questions: Matter and Energy: Education of Zarathushtrian Children: Meditation: Names | 22/04/1979 | 0:35 |
| Z004 | The Light of Zarathustrianism | 13/05/1979 | 0:38 |
| Z005 | Questions: The Zarathushtrian Faith and Life: Prayer: Self-Renunciation | 13/05/1979 | 0:18 |
| Z006 | <i>Asho</i> Zarathushtra | 14/01/1986 | 0:39 |
| Z007 | The Divine Dialogue | 15/01/1986 | 0:39 |
| Z008 | Ahura Mazda | 22/01/1986 | 0:39 |
| Z009 | <i>Frasho-kereti</i> | 29/01/1986 | 0:44 |
| Z010 | Whither Goes Man? (II) | 20/07/1986 | 1:00 |