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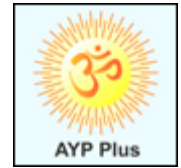
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Forum	Topics	Posts	Last Post
AYPsite.org Forum			
Overview and Announcements AYP Forums instructions, guidelines and news.	24	32	Oct 28 2015 11:07:44 PM by: yogani →
Yoga FAQ Frequently asked questions on practices and experiences. Search Yoga FAQ	134	134	May 24 2016 07:29:41 AM by: AYPforum →
Satsang Cafe - General Discussions on AYP Put your feet up and relax with fellow spirit travelers. Newcomer questions are welcome!	2003	22693	Jan 11 2017 10:47:25 AM by: Binks →
Discussions on AYP Deep Meditation and Samyama Entering and moving in stillness. The heart of yoga.	1240	11114	Jan 12 2017 4:21:38 PM by: BlueRaincoat →
Discussions on AYP Pranayama, Mudras and Bandhas Spinal breathing, inward bodily maneuvers and more.	814	6612	Jan 13 2017 12:47:26 AM by: SeySorciere →
Asanas - Postures and Physical Culture Many think this is "Yoga." It is, at least in part.	249	1875	Jan 10 2017 1:41:19 PM by: Buu →
Tantra - A Holistic View of Spiritual Development What is Tantra anyway? It's about much more than sex.	571	6016	Jan 13 2017 12:53:02 AM by: Bodhi Tree →
Yamas & Niyamas - Restraints & Observances Personal habits, ethical conduct, diet, cleansing methods for the body, and more.	221	2817	Jan 13 2017 07:35:21 AM by: Omsat →
Jnana Yoga/Self-Inquiry - Advaita (Non-Duality) The rise of the witness in self-inquiry brings awareness of our true Self, and the unity of all.	327	4506	Jan 13 2017 09:56:05 AM by: sunyata →
Bhakti and Karma Yoga The evolutionary roles of desire and devotion, and the rise of divine love and service flowing through us.	166	1799	Jan 11 2017 09:54:16 AM by: sunyata →
Building a Daily Practice with Self-Pacing Managing practices for maximum safe progress on the road to enlightenment.	312	3229	Jan 10 2017 1:27:14 PM by: Buu →
Kundalini - AYP Practice-Related Our evolving inner energy ecstasy. Considering "the awakening," while keeping in balance.	526	5538	Jan 04 2017 09:41:35 AM by: lalow33 →
Kundalini Issues Not Related to the	326	3789	Jan 13 2017



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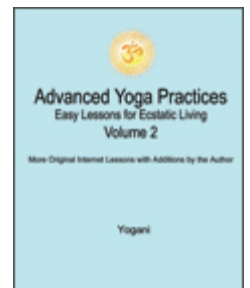
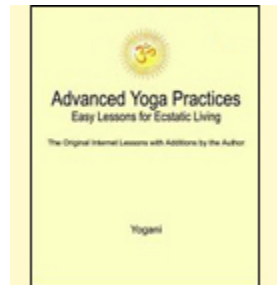
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AYP System

If you are new here and seeking kundalini assistance, please [read this first](#).

 [Healthcare - Holistic and Modern](#) 259 2061
Ayurveda, Acupuncture, Reiki, etc., balanced with modern healthcare methods.


 [Yoga, Science and Philosophy](#) 267 2691
Seeing yoga through the lense of logic.


 [Gurus, Sages and Higher Beings](#) 293 3362
Those who inspire our AYP practice - mirrors of our inner light.


 [Books, Web Sites, Audio, Video, etc.](#) 1063 6383
Resources for inspiration and spiritual study.

 [Enlightenment Milestones](#) 435 5228
Where is yoga taking us? Reporting experiences along the way.

 [Yoga and Relationships](#) 178 2587
Our relationships with self, partner, family, friends, co-workers, animals, and everything else.

 [Yoga, Career and Money](#) 64 744
The relationship of our spiritual path with career and making a living.

 [Other Systems and Alternate Approaches](#) 931 13560
Christian, Jewish, Taoist, Buddhist, Sufi, Shaman, etc. - Approaches that complement the AYP system of practices.

 [Illuminated Poetry, Quotations and Stories](#) 1377 7302
Put your own writing here, and your favorite quotes and stories. **Note:** Please put frequent related writings in single topics.

 [Member Announcements - Events, Classes & Retreats](#) 288 3373
Who, what, when and where...

 [AYP Helpers](#) 95 1397
A place for discussing ways to help out with the AYP work.

Yahoo AYP Forum Archive

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July 06 2005 3:07:19 PM by: [yogani](#) →
Yahoo is where the [AYP Forum](#) first started in February 2005. In July 2005 the Yahoo forum topic threads were copied here, with many new forums available above.

 [Yahoo AYP Forum Archive Threads](#) 248 297
Dec 24 2014 9:37:36 PM by: [son123](#) →
Feel free to post additional replies here. Please post new topics in the aypsite.org forums above.

Statistics

2687 of 6618 [Members](#) have made 119142 posts in 26 forums, with the last post on [Jan 13 2017 09:56:05 AM](#) by: [sunyata](#).

There are currently 12414 topics.

Please welcome our newest member: [wonderd](#).

 Contains new posts since last visit.

 No new posts since the last visit.

09:52:54 AM
by: [sunyata](#) →

Jan 03 2017
12:20:19 AM
by: [Poncho](#) →

Jan 13 2017
05:23:41 AM
by: [SeySorciere](#) →

Jan 10 2017
6:33:29 PM
by: [sunyata](#) →

Jan 12 2017
3:56:52 PM
by: [yogani](#) →

Dec 29 2016
04:12:05 AM
by: [Charliedog](#) →

Aug 18 2016
2:38:33 PM
by: [ruesoferick](#) →

Nov 20 2016
08:22:19 AM
by: [swordsaint](#) →

Jan 12 2017
7:24:32 PM
by: [kami](#) →

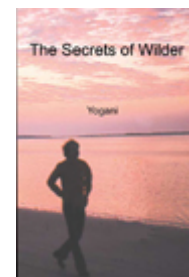
Jan 06 2017
4:03:38 PM
by: [Samadhi](#) →

Jan 08 2017
10:19:56 AM
by: [yogani](#) →

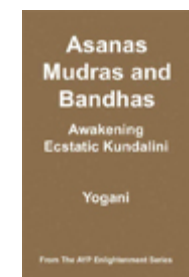
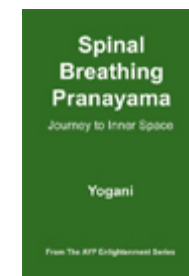
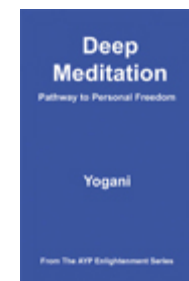
Dec 24 2016
4:58:23 PM
by: [yogani](#) →

Jul 06 2005
3:07:19 PM
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Dec 24 2014
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by: [son123](#) →



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The Structure and Pacing of Self-Directed Spiritual Practice

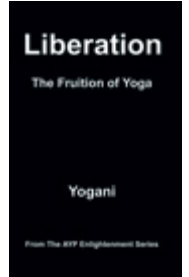
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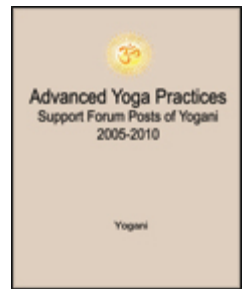
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