

| <b>Date</b> | <b>Title</b>  | <b>Practice</b>   | <b>Xscrip</b> | <b>Audio</b> | <b>Books</b>  |
|-------------|---|---|---------------|--------------|---|
| 2002        | The Five Elements in Dzogchen   | Contemplative Breathing (small binder)                                  |               | DVD in book  | Healing with Form, Energy, & Light Sacred Body (9 breathings) |
| 2004        | The Essential Wisdom of the Zhang Zhun Masters-Part 2 (No pre-requisite required) | The Fivefold Teaching of Dawa Gyaltsen                                  |               | CD in book   | Luminous Mind   |
| 2005        | Sacred Syllables: The Healing Power of Sound in the Tibetan Bön Buddhist Trad.    | The Practice of the Five Warrior Syllables                              | X             | CD in book   | Tibetan Sound Healing   |
| 2006        | The Sacred Warrior Syllables - Part 2   | The Practice of the Five Warrior Syllables                              | X             | CD in book   | Tibetan Sound Healing   |
| 2007        | Tummo: The Inner Fire of Realization  | Multi-page visualization  | X             |              |   |
| 2008        | The Nine Subtle Stages of Prana: Gatewaysto Bliss                                 | The Nine Lung (Prana, Winds)  | X             |              | Sacred Body   |
| 2009        | The Healing Power of Mind: The Five Stages of Awareness and the Nine Vital Winds  | The Fivefold Teaching of Dawa Gyaltsen.<br>The Nine Lung (Prana, Winds) | X             | CD in book   | Luminous Mnd Sacred Body                                      |

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|------|---|---|---|--|---|
| 2010 | Overcoming Pain,<br>Discovering Joy: Clearing<br>and Transforming the<br>Negative Emotions of the<br>Six Realms | The Meditation of the Six<br>Lokas                              | X |  |   |
| 2011 | Healing With the Primordial<br>Goddess  | The Practice of Sherap<br>Chamma - The Wisdom,<br>Loving Mother | X |  |   |
| 2012 | Tibetan Yogas of Body,<br>Speech, and Mind  | Inner Refuge  | X |  | True Source of<br>Healing-<br>chapter 3<br>Luminous<br>Mind Chapters<br>1-3 |

Tsa Lung - Awakening the Sacred Body (+ DVD in book), Tibetan Sound Healing (Appendix)