

- Kriya Yoga – Essence of Yoga
- Accelerating Spiritual Growth Through Kriya Yoga Parts One & Two
- Four Keys to Deeper Meditation
- Kriya Yoga – Nayaswami Devi at Ananda Village
- Guided Meditation for World Peace
- Hong Sau 1983 Parts One & Two
- How to Develop Devotion Parts One & Two
- Interiorize Your Mind
- Meditation Therapy for Stress and Change with Nayaswami Jyotish
- Meditation: What it Is and How to Do It
- Phenomena vs. Experience
- Purpose of Meditation: Hong Sau Class
- Tools for Deepening Meditation
- 7 Minute Hong Sau Guided meditation