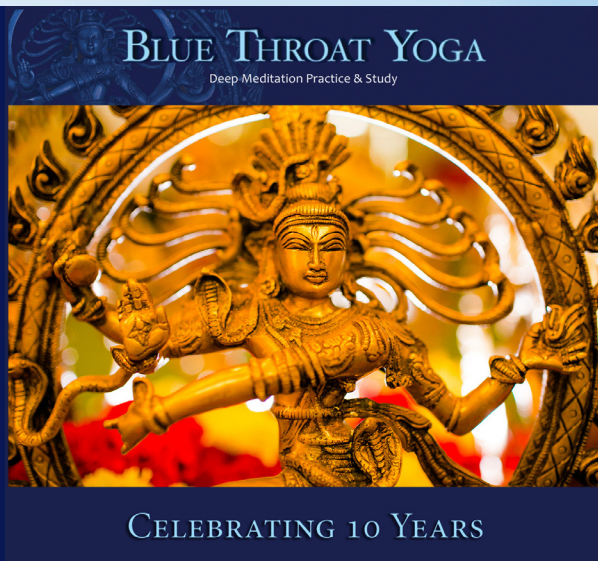


NEELAKANTHA MEDITATION INITIATION

A Foundational Course of Deep Meditation Practice & Study

with **Paul Muller-Ortega**



The Course begins with two days of formal instruction:

Saturday, October 8, 2016, 10am - 5:30pm

Sunday, October 9, 2016, 10am - 5:30pm

Ottawa - Gatineau, Quebec, Canada

Maison Bruyère, 57 rue du Couvent, Gatineau, Quebec J9H 3C8

18 Month Course Tuition: Early Bird \$550 USD by 9/7, \$600 USD after

Questions: SvatantraStudy@gmail.com

Register Online at BlueThroatYoga.com

Neelakantha Meditation

is the practice of deep meditation that works to bring about transformation, healing, and benevolence in your life. It is a daily meditation practice that is governed by the principle of effortlessness, which is easy to learn and practice and is accessible to everyone.

Neelakantha Meditation allows you to establish a direct connection to your own deepest reality and reconnect with your innate nature of freedom, creativity, clarity, bliss and everything wonderful in life.

This two-day course is the beginning of a lifetime of practice. You will learn the practice itself and the specific context and foundational principles underlying the practice, which is rooted in *SvaTantra* - the Tantric teachings of the ultimate freedom of Consciousness. The weekend Initiation includes 18-months of practice and study support.

The Course Includes:

- Welcome audio message
- Two-day course of formal personalized Initiation into Neelakantha Meditation
- Ongoing Live Meditation Practice Teleseminars
- Original translations of Tantric texts
- Online Wisdom Library
- Auditing Day 2 of Initiation events at no cost
- Special Audio Satsangs
- Additional Supporting Practices and Materials
- Invitations to attend Meditation Retreats and to receive Advanced Initiations

Professor Paul Muller-Ortega, Ph.D.,

is a world-renowned scholar in the field of Indian Religion and Hindu Tantra. He is the founder of **Blue Throat Yoga**, which teaches the practice of Neelakantha Meditation and the elegant Svatantra philosophy of freedom in the Kashmir Shaivism tradition. He has taught meditation to thousands throughout the world, and served as Professor of Religion at Michigan State and the University of Rochester. Paul brings to his teaching the rare combination of knowledge and experience, taking students on a profound guided tour of Consciousness that is life-changing and enlightening.

Blue Throat Yoga is a School for Meditation Studies designed to help you establish deep freedom and joy in everyday householder life.



“Our practice of Neelakantha Meditation is an ancient, beautiful, sophisticated and deeply refined method by means of which we come to know this transcendental, mysterious, deeply present reality of everything everywhere. The first and most important place we come to know it is within ourselves.”

-Paul Muller-Ortega

What Students Are Saying...

“In the last three years of practice and studies with Paul, my life has changed so profoundly in such a sweet, natural, effortless way. Practicing in this way feels like coming home. Parts of me that I thought would be stuck forever melted. Now I catch myself feeling vibrantly alive and childishly happy for no reason. And being a part of this community of scholarly, heartfelt spiritual finders has been one of the few places where I found people just like me.”

“My practice of Neelakantha Meditation has changed my life. It has given me access to parts of my life and myself that were before out of reach. This practice is for everyone!”

“Meditation will lead you on a path to your own heart where there is nothing other than beauty, joy, wealth, love and kindness. Meditation will adjust the inner vision and condition allowing us to radiate only the highest qualities of our beings. A regular and devoted practice will act as a reminder of where we need to go to find all we seek in this life.”

Application to Begin

Visit bluethroatyoga.com to view the Schedule of upcoming opportunities across the country to receive Initiation and begin your 18-month course of practice and study. Once you find the location that works for you, please fill out the application. The two-day, in-person Initiation will mark the beginning of the 18-month Foundational Course. Please email svatantrastudy@gmail.com with questions. **Join us to begin the exquisite practice of Neelakantha Meditation!**

Professor Paul Muller-Ortega, Ph.D.,

is recognized internationally as one of the world's most highly respected and renowned academic scholars in the field of Indian Religion and Hindu Tantra. He is the founder of Blue Throat Yoga, which teaches the elegant Svatantra philosophy of Kashmir Shaivism and the practice of Neelakantha Meditation. He has taught meditation to thousands throughout the world since 1971 and has been a daily meditation practitioner for more than 47 years. For 25 years, he was Professor of Religion at Michigan State and the University of Rochester. Paul now brings this rare combination of scholarly knowledge and direct meditative experience to his teaching of Neelakantha Meditation and Advanced Studies, which take students on a profound guided tour of consciousness that is life-changing and enlightening.



BLUE THROAT YOGA

NEELAKANTHA MEDITATION

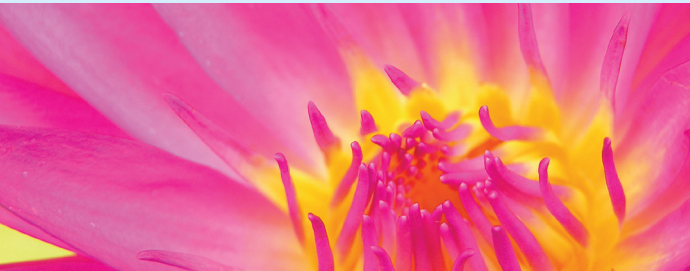
A Foundational Course
for a Lifetime of Deep
Meditation Practice

with Professor
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Contact us to register today!

www.bluethroatyoga.com | svatantrastudy@gmail.com



“Life is full of astonishment, bliss, nectar. And it is also full of extraordinary challenges that demand a reconfiguration of a higher level of Consciousness within each one of us. We must understand that process and how to most beautifully cooperate with it.” -Paul Muller-Ortega

Neelakantha Meditation is the practice of Deep Tantric Meditation that works to bring about transformation, healing, and benevolence in your life.

Blue Throat Yoga offers formal instruction, or “Initiation,” into the practice of Neelakantha Meditation, as part of an 18-month course that lays the foundation for a lifetime of an extraordinary unfolding of deep meditation practice and study.

Neelakantha Meditation is easy to learn and practice, and is governed by the principle of effortlessness. It does not involve concentration, controlling the mind, or other forms of effortful manipulation of awareness. It does not require that you have any particular beliefs, any previous study or specific background in order to learn it and practice it with great benefit. For this reason, it is a practice that anyone can learn. Even those who have had difficulty meditating in the past are surprised at how easily and deeply they can meditate after receiving Initiation into Neelakantha Meditation.

Through the practice of Neelakantha Meditation, you will find highly effective access to:

- Transform and grow in the direct experience of your own deepest reality and live everything that you are meant to live.
- Journey into the deeper spaces of consciousness to more fully access freedom, creativity, ease, clarity, and the riches of life itself.
- Deep insight, steadiness, love, and increasing delight in daily life.

You begin with two days of in-person individual instruction, which is just the beginning of a lifetime of practice. By the end of the two days, you will be fully equipped with the technique and understanding to practice on your own each day with extraordinary benefit and ongoing support. Your ongoing daily meditation practice will then be supported and enriched in several important ways over the following eighteen months of the Foundational Course of Practice and Study.

In this rich combination of ongoing daily practice and study, you will continue to deepen and refine the practice of Neelakantha Meditation and the knowledge of the specific context and foundational principles underlying the practice, which is rooted in SvaTantra - the Tantric teachings of the ultimate freedom of Consciousness.

Foundational Course of Practice & Study

- Two days of formal, personalized Initiation into the practice of Neelakantha Meditation, including expert instruction of the theory and understanding of the practice
- Live, interactive Meditation Practice Teleseminars for 18 months
- Online library of pre-recorded teachings and study materials to support your practice and understanding
- The process of stabilizing your practice and continuing to deeply learn the theory of the practice
- Email support for your practice
- Special Live Satsang Teleseminars for all Neelakantha Meditation practitioners
- Instruction into powerful, supportive practices including the Release Practice and Japa & Chanting Mantras that help elevate and navigate daily life
- Original scholarly translation and commentary on classical Tantric texts by renowned scholar Paul Muller-Ortega including the Śiva Sūtras, the Pratyabhijñā-Hṛdayam of Kṣemarāja and more that directly enliven your meditation experience
- Attendance at Day Two of any subsequent Initiation at no cost in order to refresh and strengthen your practice
- Opportunity to uplevel your meditation experience with Advanced Initiation after 18 months of practice
- Eligibility to attend life-changing Vibrating Silence Retreats after three months of practice

Contact us to register today!

www.bluthroatyoga.com | svatantrastudy@gmail.com

