

Neelakantha Meditation

taught by Eliot Acuña

authorized teacher of Neelakantha Meditation as taught in Blue Throat Yoga

Neelakantha Meditation is an easy, simple and effective practice of deep meditation. Grounded in ancient tradition and the knowledge of great masters of consciousness, it is a practical modern practice, which is efficient and life-affirming. It requires no skill or talent to learn and practice and it is accessible to everyone regardless of age, ethnic origin, culture or belief.



Easy

Neelakantha Meditation elegantly aligns with the natural functioning of the mind and body. Therefore, it allows for an easy and natural practice.

Practical

Neelakantha Meditation is a practice, which is easy to learn and integrate into your life. It provides you self-sufficiency and autonomy in your practice of meditation. Once learned you always have it with you and can practice it anywhere with no need of any external tools or teachers.

Life supportive

When practiced regularly and correctly as instructed, Neelakantha Meditation will uplift your life in every way. It provides you with deep restfulness and healing and a daily surge of energy that naturally enhance creativity, strength, clarity, joy and many other beneficial qualities in your life.

Through a deeper knowledge of yourself, you will gain balance, wisdom and harmony and an ability to meet challenges that arise in day-to-day life with increasing intelligence and serenity.

Authentic

Neelakantha Meditation is grounded in ancient wisdom of the Shaivite tradition of Kashmir. Great masters of consciousness deeply studied, practiced and taught their students this science. The teachings and practice have been transmitted to us by Paul Muller-Ortega. Paul Muller-Ortega has not only had a life-long personal meditation practice of over 50 years and studied with the world's most renowned modern meditation masters, but he also has devoted his life to the scholarly study of ancient texts. He taught religion at Michigan and Rochester University for 25 years. As a scholar and Sanskritist, he has a direct and deep understanding of the original wisdom texts that teach about the science of consciousness and the practice of meditation.

Authorized Teacher of Neelakantha Meditation

Eliot met Paul Muller-Ortega in 2009 and was immediately taken by his depth of knowledge and experience. She learned the practice of Neelakantha Meditation in 2011 and has been studying with Paul assiduously since then. She is now an authorized teacher of Neelakantha Meditation as taught in Blue Throat Yoga and is thrilled to be able to offer this practice to others.

Learning a practice for life

Learning the practice and the theory of the practice

Neelakantha Meditation is learned in a formal process of instruction. This ensures that the practitioner receives the right practice and the right way to practice. When we learn Neelakantha Meditation, we also learn how the practice works. This provides us with an elegant synergy of knowledge and experience. Having both the experience and the knowledge of the practice together help build a strong foundation for a lifetime of meditation practice and the fulfillment of its benefits.

Formal instruction is a two or three day process that will provide you with all you need to have for a self-sufficient meditation practice.

Day One (approximately 2 hours)

- Learn about Neelakantha Meditation and how it works.
- Questions and Answers
- Personal instruction into the practice.

Day Two (anywhere between 2 and 4 hours)

- Note: day two material can be divided into two days if convenient for participants and the teacher
- In-depth explanation about the theory and review of the practice of Neelakantha Meditation
- How to establish your home practice
- Questions and Answers
- Group meditation

ongoing support

We are well aware that establishing a practice in one's daily life can present numerous challenges. Also, at Blue Throat Yoga, we know that knowledge is cultivated and refined over time. Therefore, when you learn Neelakantha Meditation, support, guidance and the possibility for deeper learning continues to be available for you after you have received formal individual instruction.

Support is given in the form of

- weekly group meditations
- regular live teleseminars in which you can ask questions

- invitations to join special live Satsang teleseminars with Paul Muller-Ortega, PhD
- online library that contains
 - a vast number of recorded teleseminars with Paul Muller-Ortega and with Neelakantha Meditation teachers
 - practices to support your practice
 - materials to support your practice
 - study materials to support the process of a continued understanding
 - translation and commentary of key Shaivite Tantric texts by Paul Muller-Ortega, PhD
- invitations to participate in both online and in-person intensives and Vibrating Silence Retreats

Course Tuition

Standard adult:

Canadian residents: \$575 CDN (taxes included)

International: \$450 US

Minors 13 -17 yrs old:

Canadian residents: \$325 CDN (taxes included)

International: \$225 US

Full-time student 18 - 26 yrs old:

Canadian residents \$500 CDN (taxes included)

International: \$360 US

Seniors 75 to 85 yrs old:

Canadian residents \$500 CDN (taxes included)

International: \$360 US

Seniors 86+: \$0

Please visit the webpage <http://centreyogaaylmer.com/next-info-sessions-formal-instructions/> for information on

- dates for information sessions about the practice of Neelakantha Meditation
- dates for the upcoming offerings of formal instruction to Neelakantha Meditation

If you would like to know more, please contact Eliot

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