

BLUE THROAT YOGA

A Special Opportunity for

FORMAL INITIATION into NEELAKANTHA MEDITATION with Paul Muller-Ortega

Monday & Tuesday, June 11 - 12, 2012
Denton Yoga Center; Denton, TX (DFW area)
9:30 - 5:30

This is a special opportunity to receive individualized, personal instruction in the practice of deep Tantric Meditation.

The Neelakantha Meditation Course is a two day instructional experience that includes learning an elegant, powerful and deeply effective practice for systematically exploring and progressively journeying into the deeper spaces of consciousness. During the course, Paul offers instruction in the method of Neelakantha Meditation, as well as a very clear, specific understanding of the theoretical context and foundational principles of this powerful practice.

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.



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 along with the practice of Neelakantha Meditation.

For more than forty years, Paul Muller-Ortega has been a pioneer in the technology of consciousness, lecturing and teaching about meditation and Indian philosophy to hundreds of thousands of people in North and South America, Europe, and India. He is the author of the highly acclaimed book, *THE TRIADIC HEART OF SHIVA* in which he examines the "Heart" as the mystical core of Consciousness. Through his books, articles, essays, commentaries, and translations, Paul has earned a reputation for being a charismatic teacher with a remarkable capacity to convey esoteric truths and teachings in ways that are fully accessible, relevant, and comprehensible to the western mind. Professor Paul Muller-Ortega has been a Professor of Religion at Michigan State and the University of Rochester. Presently, he offers Neelakantha Meditation Initiation throughout North America, as well as an intensive yearlong study program called Entering The Heart of Shiva.

Paul has been a practitioner and teacher of meditation since 1968. He has formally studied with several of the greatest meditation masters of our time, and subsequently has organized and taught hundreds of meditation seminars disseminating potent practices of meditation to thousands of individuals. He brings to his teaching a rare combination of scholarly authenticity and decades of spiritual practice, and takes his students on a profound guided tour of consciousness that is inspiring, life changing and enlightening.

THE TEXAS NEELAKANTHA MEDITATION COURSE INCLUDES:

- *Welcome Audio Message from Paul
- *Two Day Course with Paul Including Formal Personalized Initiation into Neelakantha Meditation
- *Practice Support Teleseminars with Paul throughout the year

TUITION: \$550

REGISTRATION

Register on-line for Neelakantha Meditation Initiation by visiting www.bluthroatyoga.com/schedule and navigating to the Denton, TX event in June.

For more information contact: svatantrastudy@yahoo.com or 805-722-0919.