

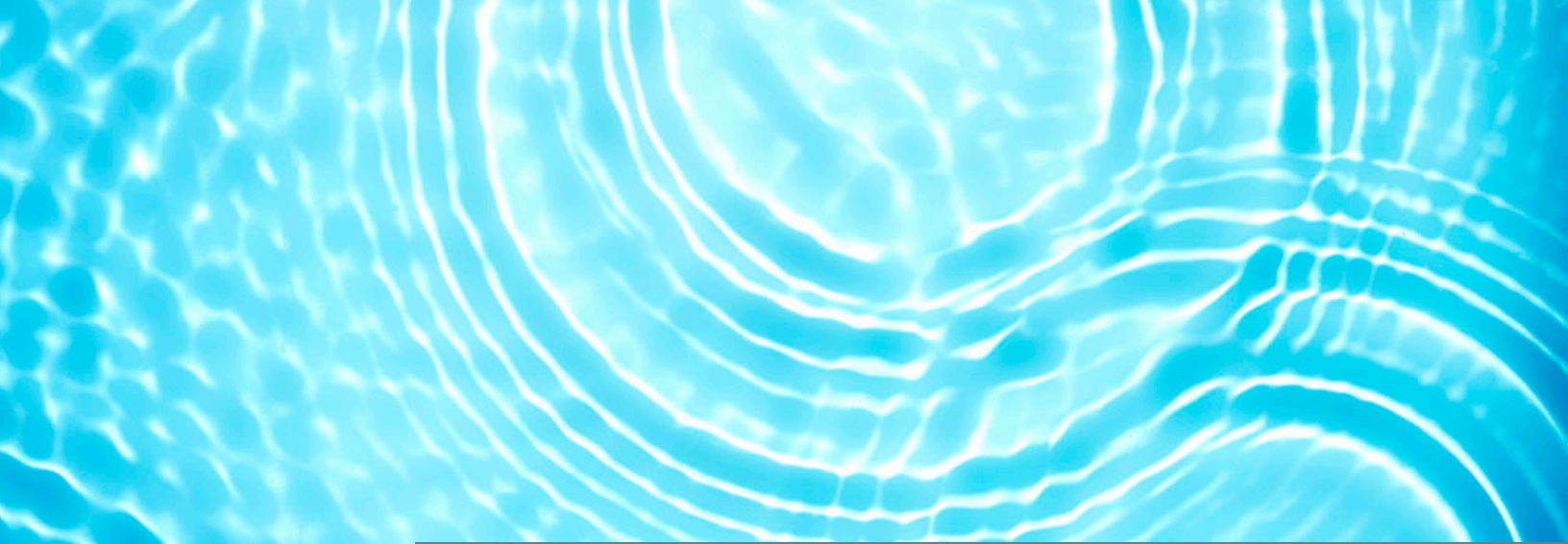


## **Neelakantha Meditation Course Description**

Neelakantha Meditation is taught over two days through formal, in-person instruction either one-on-one or in small groups. During the course, the theoretical context, foundational principles and practical logistics of this process are covered in detail and with great care.

### **Day One 3-4 Hours** (depending on group size)

- Introduction to the foundational principles and basic theory of the practice
- Receive your practice and its right use
- Practical logistics of how to practice at home. I will give suggestions on how to integrate meditation into your busy schedule
- Several practice sessions of Neelakantha Meditation so you feel comfortable starting at home
- Preparation for Day Two



## Day Two

### 3-4 Hours

(depending on group size)

On the second day of the course, we cover in great detail the theory of the practice and how it relates to your direct experience as you meditate. Topics include:

- How Neelakantha Meditation works in concert with the inherent nature of your body-mind
- Descriptions of the different states of consciousness and how meditation creates a natural fourth state
- What happens in your mind and body during practice and what you can expect as you meditate
- How, why and where your awareness moves during meditation
- Why thoughts are part of the natural cycle of meditation and what they signify
- The signs that indicate you're actually meditating and how to tell your practice is working in your life
- How to avoid common pitfalls and misunderstandings regarding meditation and ways to develop consistency
- How to cultivate self-sufficiency in your practice and ways to deepen and accelerate your practice.
- Helpful tips to establish a consistent practice.
- More practice sessions
- Extensive Q&A
- Review of ongoing, support materials available

Once you've gone through this two-day course, you'll have everything you need for a lifetime of practice. You'll understand how to support yourself so you can become entirely self-sufficient in your practice. For some, that's enough. For others, they may want more ongoing support. If that's you, read on.



As an authorized teacher of Neelakantha Meditation (as taught in Blue Throat Yoga), my commitment is to your continued engagement with your practice.

Ongoing monthly group meditations (in person and online). Since meditation is a solitary practice, a powerful synergy can occur when meditating in a group.

Ongoing email/phone support from me

Free attendance at any Day Two instruction of mine or any other authorized teacher anywhere in the world

Live, interactive Meditation Practice Webinars

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 up-level your meditation experience with Advanced Initiation after 18 months of practice

Eligibility to attend life-changing Vibrating Silence Retreats

## Neelakantha Meditation Lifetime Support

You will also receive ongoing support from Blue Throat Yoga and Paul Muller-Ortega.