

ENTERING THE HEART OF SHIVA

Foundational Course on the SvaTantra Teachings of the Freedom of Consciousness

“Take the path, that entry point, that leads to the great Heart - to the Unboundedness that is the source of everything. Meditation takes us to the space of the eternally abiding Consciousness, to the vastness, the paradoxical mystery of life.” -Paul Muller-Ortega

Entering the Heart of Shiva (EHS) is the foundational course of Study that invites students into a profound process of understanding the deeper elements of Sadhana, or spiritual practice. This transformative course is based on the study of ancient, time-honored texts, practices, and teachings designed to enliven and uplift your natural experience of life from the inside out.

Blue Throat Yoga offers three powerful pillars of fundamental teachings: Study, Neelakantha Meditation and Retreats. The most profound experience is gained when these pillars are combined, however we offer each component separately to make these teachings as accessible as possible to the householder practitioner. EHS students are encouraged to receive personal instruction into the practice of Neelakantha Meditation from Paul Muller-Ortega at a regional event and at Vibrating Silence Retreats, or from any Authorized Teacher. EHS students are also warmly invited to attend Vibrating Silence Retreats. See BlueThroatYoga.com for schedules and further information.

Central Themes of EHS Include:

- The Great Light Unfolds: Stages and Planes of Higher Consciousness
- Soma and the Tantric Alchemy of the Transformation of Consciousness
- The Process of the Refinement of Conceptualization, *Vikalpa-Samskāra*
- Śiva and Śakti: Understandings of the Absolute Consciousness and its Vibratory Potency in the Tantric teachings
- The Vimarśa function of the Self-Referentiality of Consciousness
- The Triadic Heart of Śiva
- Tantric teachings of Sequentiality and the Twelve Forms of Mahā Kālī, the Cosmic Operator Force and Sequence Goddess
 - *Mātṛkā Śakti*, Tantric teachings on the divine potency of language & Mantra
- The Foundational and fundamental process of melting the root limitation of individual awareness, the *āṇava-mala*
- The Beginnings of establishing life in the pattern of Living Liberation, *Jīvanmukti*
- The individual awareness arising from its natural Repose in the Heart, *Hṛidaya*

This powerful journey into the Heart of Consciousness will allow you to step into your own wisdom, strength, and natural capacities to reveal the nectar of life from the inside out.

6-Month Course: June - December 2018
Register Online: BlueThroatYoga.com

The Theory of the Practice of Meditation

- Understanding why a daily practice of meditation is important
- How deep meditation practice works

Understanding the Power of Deep Meditation Practice in a Retreat Setting

Central Teachings & Myths in the Yogic and Śaiva Tantric Traditions

Study and contemplation of rich teachings and stories that illuminate your life

Key Topics of Study

- Extraordinary Liberative Knowledge of Tantra in Experiential & Theoretical modes
- The crucial distinction between Householder and Renunciate modes of spiritual practice
- History and context of key differences between Classical Yoga & Śaiva Tantric Yoga
- Abhinavagupta, the great Tantric master of the Non-dual Śaiva traditions of Kashmir

Introduction to Foundational Śaiva Tantric Texts

- The Śiva Sūtras
- The Vijñāna Bhairava Tantra
- The Tantrāloka and Tantrasāra of Abhinavagupta
- The Pratyabhijñā-Hṛdayam of Kṣemarāja

Key Practices to Facilitate Your Deep Unfolding

- Japa and Chanting Mantras of the Śaiva Tradition
- Bhāvanā, the practice of eliciting deep and visionary Insight
- Svādhyāya study of sacred texts

Regular Live Audio Teleseminars
Study of Previously Recorded Teleseminars
Individual & Group Course of Study
Vast Online Study Library
Original Translations & Expert Teachings
Guided Study & Practice Support

"Since I have been studying and practicing 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." -EHS Student



Professor Paul Muller-Ortega, Ph.D., has been a practitioner and teacher of meditation for nearly fifty years. 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 around the world. With this rare combination of training, experience, skill, spiritual practice, and profound insight, Paul teaches his students to abide in the heart of Consciousness: a journey that is inspiring, life changing and enlightening.



David Kuttruff, a regular meditator since 1974, earned his MA in philosophy from San Diego State University and continued with postgraduate studies focusing on Nondual Śaiva Tantra philosophy. Since 2009, he has been teaching Classical Yoga and Tantra philosophy for the Śrāddhā

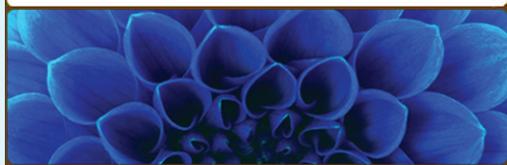
School of Yoga's teacher training program, immersing in texts such as the Yogasūtra, the Bhagavad Gītā, and the Pratyabijñā Hṛdayam. He has been serving as a co-teacher of the Entering the Heart of Śiva and Indra Dhanu courses in 2017, along with Paul Muller-Ortega and Mark Shveima. And he has been initiating students into Neelakantha Meditation since August of 2016. He is also one of the co-owners of the Temecula Yoga Collective.



Maria Patella has over 30 years of broad-reaching experience in yoga, health, fitness, wellness and coaching, and is a certified asana teacher. Through her teaching, Maria shares her passion for uncovering the full spectrum of human capability with her students,

inviting them to discover how the practice and study of yoga and meditation assist one in living their best life. In 2008 she was Initiated into Neelakantha Meditation and has been immersed in the study of the non-dual Kashmir Tantric Tradition ever since. She is a senior teacher of Blue Throat Yoga, initiating students into Neelakantha Meditation. Maria is honored to once again be co-teaching Entering the Heart of Shiva.

Entering the Heart of Shiva



BLUE THROAT YOGA

6-Month Course: June - December 2018

Course Tuition: \$1800

Early bird registration by 5/28: \$1650

\$300 deposit to secure your spot.

Need-based and payment options available.

See registration details and payment options at bluethroatyoga.com

Course tuition does not include Meditation Initiation, retreat tuition, or retreat travel and accommodations.

Register Online: BlueThroatYoga.com

Questions: SvatantraStudy@gmail.com