“To live the extraordinary consciousness is a process, a real process that is not just to dream it, it is not just to imagine it, it is not just to wish it in a weak or superficial way. It is a living commitment.”

- Paul Muller-Ortega

INVITATION

Soar in the Ocean of Bliss as you stabilize your growth through advanced studies and practice.

Watch as your own illuminative insight is naturally kindled and polished.

Study deeply on your own and in the great company of fellow practitioners.

Progress on the path of teaching Neelakantha Meditation if you desire.

Advance your practice and your life in extraordinary ways.

 Merge more deeply into the Great Light of Consciousness.

Spend long, nourishing days on Retreat practicing Soma Mandala Abhyasa and receiving Initiation into advanced practices and study.

There is no time to waste. There are great gifts calling. It is your time to step more deeply into the inherent freedom and bliss of life itself.

Abiding in the Khecari Mudra is by invitation and application, open only to graduates of Entering the Heart of Shiva.

What a joy it will be to continue this Great Journey together!

Professor Paul Muller-Ortega, Ph.D.,

is the founder of Blue Throat Yoga, which teaches the elegant and highly effective practice of Neelakantha Meditation, now practiced by thousands of students around the globe. Paul Muller-Ortega, Ph.D., is an internationally recognized meditation teacher, and one of the world's most highly respected academic scholars in the field of Indian Religion and Hindu Tantra. He has been a meditation practitioner for over 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 to thousands of individuals; as well as offering retreats, advanced study courses and a rigorous and profound training program for teachers of Neelakantha Meditation.

With this rare combination of scholarship, 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.

Contact us to register for the next AKM Course

www.bluethroatyoga.com | svatantrastudy@gmail.com
In the Tantric tradition, the Khecari Mudra is the spiritual gesture of Consciousness that moves in the Supreme Space.

Having received the Sāmānya Samaya Dīkṣā in Entering the Heart of Shiva, deepen your experience of living life in and from the space of the Supreme in the Viśeṣa Samaya Dīkṣā. Abiding in the Khecari Mudra profoundly supports this process by providing the tools, understandings, and practices that are necessary to soar in the Great Space of Consciousness.

In Abiding in the Khecari Mudra, students are guided into truly profound understandings and sublime experiences leading further into the inner folds of freedom and joy in householder life.

As an Abiding in the Khecari Mudra student, you learn to anchor the light in your deepest heart and to melt more fully inside to abide in your highest Self. This course supports that process through the specific advanced practices and understandings to soar in the Great Ocean of Bliss. And, Abiding in the Khecari Mudra prepares students to open into the exquisite Nirvāṇa Dīkṣā level of practice and study, as offered in Rashmi Chakra Mahan, for graduates of Abiding in the Khecari Mudra.

**STRUCTURE OF THE COURSE**

- 12-month Advanced Study Course in the Viśeṣa Samaya Dīkṣā for graduates of Entering the Heart of Shiva
- Support in the practice of Neelakantha Meditation
- Initiation and support for the Advanced Practice of Vibhūti Yāga
- Invitations to advanced level Flowing Soma Retreats for prolonged practice, advanced instruction in the theory of the practice, and instruction in advanced practices at the special enrolled student rate
- Live Teleseminars to study key topics and practices of the Viśeṣa Samaya Dīkṣā and to support the further unfolding of your meditation practice, as well as all special satsang teleseminars Paul offers throughout the year.
- An online study library of Viśeṣa Samaya Dīkṣā teachings and practices
- Special Satsang calls with all Blue Throat Yoga students to celebrate particular events and occasions
- A course of Personal and Group study and practice
- Opportunity to receive the Advanced Studies Sourcebook, Tantraloka Seminar texts and other updated and new publications by Paul Muller-Ortega when attending retreats
- Opportunities on teleseminars and retreats to check in with Paul about your Sadhana
- And much, much more!

**CURRICULUM & CENTRAL THEMES**

- Soar in the Ocean of Bliss with the unparalleled practice of Vibhuti Yaga
- Unfold your understanding and connection to the profound teachings from the Yoga Sutras, the Tantraloka, Vijnana Bhairava Tantra, Tantrasara, Pratyabhijna-Hrdayam of Ksemaraja and so much more based on Paul's original translations and expertise
- Discover greater depth in your understanding and study of Matrika Shakti
- Deepen your understanding and refine your practice of Bhavana
- Stabilize your growth through the learning and recitation of the Ganapati Mantras, the Sri Rudram, the Nyasa Mantras, and several additional advanced practices exclusive to advanced students in AKM and above
- Steep in the deep meditation practice of Soma Mandala Abhyasa at retreats in the profound and authentic company of fellow meditators and Paul’s extraordinary depth of meditative experience and expert teachings
- Receive Initiation, in the retreat environment, into the elegant ritual of the Shiva Shankara Sadguru Puja

Contact us to register for the next AKM Course

www.bluethroatyoga.com | svatantrasudy@gmail.com