Invitation

Enter into the profound practice of moment by moment liberation

Establish more and more fully in the pattern of Living Liberation, Jīvanmukti.

Watch as your own illuminative insight burgeons and your growth soars.

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 amidst the radiant splendor of practice in a group setting.

RCM is by invitation and application, open only to graduates of Abiding in the Khecari Mudra. RCM enrollment occurs on an annual basis. You may choose to enroll in RCM for as many years as this practice and study serves you. Two years is recommended to fully establish your life in the Nirvāṇa Dīkṣā

We hope you will join us in the deepest spaces of the Nirvāṇa Dīkṣā!

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 Paul 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.

“Ultimately we become the owner of the exquisite, lively pulsation of the Absolute Consciousness within us. We become the home of that Awakened Consciousness. And then it is ours to live. That creativity is ours to express. That vision is ours to apply. Our very life becomes a medium for the Mahā Śakti to dance in expression of infinite creativity.” -Paul Muller-Ortega
The work of the Nirvana Dīkṣā is centered in the arising of the Light within.

Having stepped through the portal of the Sāmanya Samaya Dīkṣā in Entering the Heart of Shiva and the Viśeṣa Samaya Dīkṣā in Abiding in the Khecari Mudra – you are ready to enter into the deep practice of the Nirvāṇa Dīkṣā in Raśmi Cakra Mahan.

The Samaya Dīkṣā begins the foundational and fundamental process of melting the frozen ice of the āṇava-mala. Once it begins to melt, we can laser focus on the powerful and exquisite process of reshaping and uplifting life altogether from the inside out. We create a pattern for life that is expansive, Light-filled, and liberating. This coherent sequence of moving through the Samaya Dīkṣā into the Nirvāṇa Dīkṣā is a powerful model for the fundamental methods of the unfolding of Consciousness and the upliftment of life.

At the Nirvāṇa Dīkṣā level of practice and study, we finally begin to bring into focus your root patterns of limitation and work to transform life into an enlightened pattern. We identify patterns of ignorance and we replace them with Vāsanās for Liberation from the Unbounded Space of the Heart.

The Nirvāṇa Dīkṣā is an ongoing process.
We are creating a new pattern for life.
We set in motion Living Liberation as a mode of life.

The heart of practice in the Nirvāṇa Dīkṣā centers on a three-step process:

1. Bringing the light of consciousness to patterns of limited awareness: bringing the root patterns of the āṇava-mala into view
2. Counteracting limiting patterns in moment-by-moment practice
3. Establishing an enlightened pattern of life

By bringing to light and beginning to chip away at the root limiting patterns of our individual life, we enter into the practice of establishing life in the pattern of Living Liberation, Jīvanmukti.

Elements of RCM Course:

- 12-month Advanced Study Course in the Nirvāṇa Dīkṣā for graduates of Abiding in the Khecari Mudra.
- Support in the advanced practices of Neelakantha Meditation
- RCM-Level Initiation and support for the Advanced Practice of Vibhūti Yāga
- Retreat design of your choice – eligible for Vibrating Silence Retreats, at the special enrolled student rate
- Live Teleseminars to study key topics and practices of the Nirvāṇa Dīkṣā, as well as all special satsang teleseminars Paul offers throughout the year
- Online study library of Nirvāṇa Dīkṣā teachings and practices
- Access to the complete library of Paul’s current teachings in EHS and AKM
- Advanced Svādhyāya Study of Foundational Texts, including The Śiva Sūtras, Vijñāna Bhairava Tantra, Tantrāloka and Tantrasāra of Abhinavagupta, Pratyabhijñā-Hṛdayam of Kṣemarāja, and new translations
- Special Satsang calls with all Blue Throat Yoga students to celebrate particular events & occasions
- A course of Personal and Group Study and practice
- Opportunities on teleseminars and at each retreat to check in with Paul about your Sadhana
- Eligibility to begin the SadaShivacharya Course after one year of RCM Study & Practice

Contact us to register today!
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