



Mary Gerdes

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Authorized Teacher of  
Neelakantha Meditation  
as Taught in Blue Throat Yoga

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### **What is Neelakantha Meditation?**

Neelakantha Meditation is a daily, seated, eyes-closed meditation practice that is simple, elegant, and easy to learn. It is meant for people who are engaged in the world, with responsibilities, commitments, and relationships. It is a profound and advanced yet highly practical practice – it fits into, uplifts, and supports daily life.

### **Can I practice Neelakantha Meditation?**

Yes! You do not need to have any particular beliefs, skills, previous study, or specific background to learn and use this practice effectively -- in fact, anyone can practice Neelakantha Meditation with great success! Many people who have had difficulty meditating in the past are surprised at how easily and deeply they can meditate after learning Neelakantha Meditation. But it is not about taking someone's word for it -- it's about experiencing it for yourself, and assessing for yourself the effectiveness and results you derive.

### **How does Neelakantha Meditation work?**

Neelakantha Meditation works in harmony with the natural functioning of the mind so there is no need to manipulate awareness in any way -- whether by harsh concentration or attempting to control thoughts. This is an effortless practice that accesses the natural and spontaneous current that takes our awareness deep inside. After learning how to do the practice we traverse effortlessly to a place of depth and silence. From this deep space, peace and clarity surge forward and are present with us throughout our day.

When we traverse the subtle states of consciousness our awareness moves beyond thoughts, feelings, emotions and perceptions at the surface of life, so we experience a place of highest wisdom – our very own consciousness.

This meditation practice offers the combining of experience in meditation with the knowledge regarding the science of consciousness. It is this knowledge that propels our practice and empowers us as we understand what is transacting in our consciousness each time we sit to meditate.

### **What are the effects of Neelakantha Meditation?**

We begin to release the accumulated fatigue and stressfulness of life. Over time our daily meditation works to refine our preconceptions and automatic reactions that may not be serving us well. Because it works so deeply, it has the potential to help us release long-held negative patterns. It allows us to tap into our own already-existing deepest creativity, clarity, and wisdom.

Neelakantha Meditation sets in motion a continuous process of refining the way we see ourselves and how we see the world. It very rapidly shifts the core of our identity by facilitating a spontaneous and natural release of deeply rooted fears and limited or contracted patterns we tend to enact. As a result, we experience greater fulfillment in life by way of enhanced clarity, creativity, patience, efficiency, skill and the ability to handle stressful situations with greater confidence. We begin to exercise greater compassion towards ourselves and others. We become more skillful at identifying and disengaging from limiting patterns and find more ease in navigating challenging interpersonal situations.

### **How do I learn Neelakantha Meditation?**

Neelakantha Meditation is taught by way of formal personal instruction over the course of 2-3 days.

- **Day 1:** Receive your practice and detailed instructions for how to effectively use it. Plan for three hours for Day 1.
- **Day 2/3:** Receive the full understanding of the theory of the practice on how and why your Neelakantha Meditation practice works. Plan for about 4-5 hours total for these meetings.

### **What happens after the initial course?**

By the end of these sessions you will have all you need for a fully self-sufficient practice of deep meditation. Should you need or want support you will have access to a full range of options to answer questions, help navigate any challenges, and get help in establishing a lifetime transformative practice. Your participation in these support opportunities is optional and entirely flexible. You decide which materials to engage with and when.

### **Included in the course:**

- Formal personal meditation instruction over a period of two to three days
- Encouragement and support from me in the form of email communications, group practices and guidance on utilizing Blue Throat Yoga resources.
- Invitations to future Day 2/3 explanations on the theory of the practice to refresh and renew your understanding of Neelakantha Meditation
- Live, interactive Meditation Practice Teleseminars from Blue Throat Yoga

- Online library of pre-recorded teachings and study materials to support your practice and understanding
- Invitations to special live Satsang Teleseminars for all Neelakantha Meditation practitioners
- Opportunity to up level your meditation experience with Advanced Initiation after 18 months of practice (additional fee applies)
- Eligibility to attend life-changing Vibrating Silence Retreats (additional fee applies)

### **What is the investment?**

Standard – \$450

Full-time students 18-26 years – \$360

Seniors 75-85 years – \$360

Seniors 86 years and over – \$0

Need based scholarships are available. Contact me for details.

### **Contact:**

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For additional information please visit [www.BlueThroatYoga.com](http://www.BlueThroatYoga.com)



# Distance Initiation

As of April 2020

Instruction for Neelakantha Meditation is traditionally an in-person process, however at this time of pandemic and in-person prohibitions, Blue Throat Yoga is allowing 'Distance Initiation' via video conference.

- First - we will meet for "Day 1" instruction either individually or as a group if several people are learning the practice, for approx 60-90 mins
- Second - I will meet with each person individually for approx 40-60 mins
- Third - we will meet again as a group for the "Day 2/3" material and instruction, Q&A, etc.

You will need:

- A device (phone, laptop, desk computer, etc) with both audio and video capability so that we can easily see and hear each other
- A location that is quiet and undisturbed for the sessions

Once it is again safe to share space we will arrange to get together in-person to affirm your practice, either individually or as a group depending on location.