

*“Our practice of Neelakantha Meditation is an ancient, beautiful, sophisticated and deeply refined method by means of which we come to know this transcendental, mysterious, deeply present reality of everything everywhere. The first and most important place we come to know it is within ourselves.”*

-Paul Muller-Ortega

### What Students Are Saying...

*“In the last three years of practice and studies 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.”*

*“My practice of Neelakantha Meditation has changed my life. It has given me access to parts of my life and myself that were before out of reach. This practice is for everyone!”*

*“Meditation will lead you on a path to your own heart where there is nothing other than beauty, joy, wealth, love and kindness. Meditation will adjust the inner vision and condition allowing us to radiate only the highest qualities of our beings. A regular and devoted practice will act as a reminder of where we need to go to find all we seek in this life.”*



### Contact Us

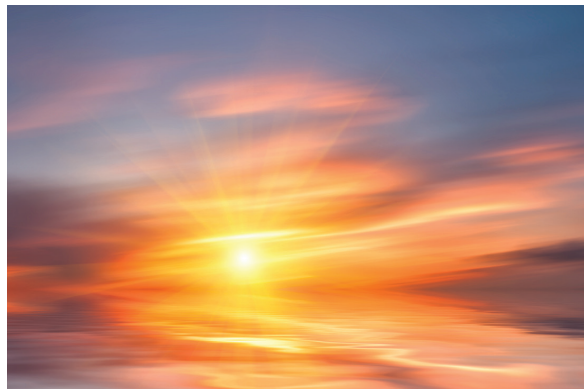
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### Professor Paul Muller-Ortega, Ph.D.,

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. 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.



# BLUE THROAT YOGA

## NEELAKANTHA MEDITATION

A Foundational Course  
for a Lifetime of Deep  
Meditation Practice



*“Life is full of astonishment, bliss, nectar. And it is also full of extraordinary challenges that demand a reconfiguration of a higher level of Consciousness within each one of us. We must understand that process and how to most beautifully cooperate with it.” -Paul Muller-Ortega*

*Neelakantha Meditation is an elegant, powerful and deeply effective meditation practice for systematically exploring and progressively journeying into the deeper spaces of Consciousness. It is a practice that brings about transformation, healing, and benevolence in your life.*

Neelakantha Meditation is easy to learn and practice, and is governed by the principle of effortlessness. It does not involve concentration, controlling the mind, or other forms of effortful manipulation of awareness. It does not require that you have any particular beliefs, any previous study or specific background in order to learn it and practice it with great benefit. For this reason, it is a practice that anyone can learn. Even those who have had difficulty meditating in the past are surprised at how easily and deeply they can meditate after learning Neelakantha Meditation.

## NEELAKANTHA MEDITATION INITIATION

Two Days of Personal Instruction  
18 Months of Support  
a Lifetime of Practice

## Through the practice of Neelakantha Meditation, you will:

- Transform and grow in the direct experience of your own deepest reality and live everything that you are meant to live.
- Journey into the deeper spaces of consciousness to more fully access freedom, creativity, ease, clarity, and the riches of life itself.
- Develop deep insight, steadiness, love, and increasing delight in daily life.

You can learn the profound practice of Neelakantha Meditation from Paul Muller-Ortega at any of his regional events or at a Blue Throat Yoga Vibrating Silence Retreat. You can also learn this practice from any of the Authorized Teachers of Neelakantha Meditation throughout the United States and around the world. For more information please visit [BlueThroatYoga.com](http://BlueThroatYoga.com).



## Join us to begin the exquisite practice of Neelakantha Meditation

Visit [BlueThroatYoga.com](http://BlueThroatYoga.com) for dates and locations of Paul Muller-Ortega's teaching events, or to find an Authorized Teacher near you.

## Foundational Course of Practice & Study

- Formal, personalized Initiation into the practice of Neelakantha Meditation, including expert instruction of the theory and understanding of the practice
- Ongoing live, interactive practice support teleseminars
- Online library of pre-recorded teachings and study materials to support your practice and understanding
- A wealth of supportive practices and teachings to stabilize your growth in Consciousness
- Email support for your practice
- Special Live Satsang Teleseminars for all Neelakantha Meditation practitioners
- 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 uplevel your meditation experience with Advanced Initiation after 18 months of practice
- Eligibility to attend life-changing Vibrating Silence Retreats

## Contact Us

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