

## Quotes and New Terms from Week 3 Discourse

### Part 1: The Body of Wisdom – The Spiritual Foundation of Svaroop Vidya Meditation

#### **Tantra Yoga**

#### **Kashmiri Shaivism**

Pratyabhijnahrdayam Sutra 4

*Chiti samkochaatmaan chetano'pi samkuchita vishvamaya.h*

1. “The One Reality, which we call Shiva, has manifested itself in all that exists – many forms, including your own. You are the One, in an individual form.
2. You discover consciousness by diving inward, into your own Self, for the whole of consciousness is there, right there, within you. Know your own Self. Meditate on your own Self.”  
S. Nirmalananda

“Yoga promises that you will know yourself to the deepest and fullest extent, recognizing your own divinity and seeing it in everyone and everything else. This world – and everything in it – is the form of the formless.” ~ Gurudevi Nirmalananda

## Part 2: Your Spine: The Conduit of Energy of Revelation

“The energy that is always flowing through your spine is called *prana*. This is the energy of aliveness; it makes your body a living body instead of a corpse...Once you get enough opening at your tailbone, a more powerful current of energy begins to flow — a higher frequency is moving through your core... This energy has a name as well: *kundalini*. It is the emerging of the most powerful of your own inner forces, the energy of your own transformation. It is the fire of yoga.” ~ Swami Nirmalananda

### *Nadis*

“You have the energy of the sun in you, but you keep knotting it up at the base of your spine.” ~ Rumi

Pratyabhijnahrdayam Sutra 17

Madhya vikaasaach chidaananda laabhah.

“With the opening of Madhya, the central channel (your spine), you attain the bliss of Consciousness.”

## Part 3: What and Who Makes Revelation Possible

### *Shaktipat*

“Without the Gurus of the prior generations, there would be no ancient teachings for us to study. Who is keeping it alive now? Who will keep it alive in the future? That’s your job. Meditate on your own Self.”

~ Gurudevi Nirmalananda

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