

Hridaya Meditation

Meditation of the Spiritual Heart



Dr. Adina Riposan-Taylor (Saraswati Devi)

<http://www.satyasattva.com/adinas-bio/>

500-hr Hridaya Yoga and Meditation Certified Teacher
(23 years Meditation and 15 years Yoga experience)

<http://www.hridaya-yoga.com/>



Adina's Meditation classes offer a 30 minutes lecture and discussion section, to gradually introduce a series of meditation practices and techniques together with practical advice for beginners to help improve their meditation practice, and to come to love meditation as an essential part of life. We will continue with 30 min guided meditation.

The classes start at beginners level and progress toward more advanced methods for grounded practice. No previous meditation or yoga experience is necessary as this class is designed for beginner and advanced meditators alike.

The Meditation of the Heart (Hridaya Meditation)

The class will introduce a collection of Buddhist, Hindu, Sufi, Shaivite, and Christian methods of meditation and self-inquiry that build up a strong practice for awakening the Spiritual Heart, developing the body of light and pure sacred Spandic vibration. It is a unique integration of Advaita Vedanta, Sufism, Tantra, and Dzogchen, for accessing our real essential nature – the Supreme Self, Atman.

This class is an opportunity to reach deep states of consciousness, intense aspiration for the Divine, and highly focused interiorization for the awakening and blossoming of the soul, jivatman, through cultivating particular attitudes:

- The calming down of the mind (a state of peace of mind)
- An inner awareness of all sensory perceptions and emotions which will gradually become, through sublimation, an awareness of the Spiritual Heart
- The polarization between the individual soul, jivatman, and the divine Self, atman, experienced as a state of very strong and profound aspiration and longing for God.

Methods, Techniques and Teachings

- Study of the symbolism of the Spiritual Heart
- Ramana Maharshi's method of introspection (Self-enquiry, atma vicara)
- Techniques of stilling the mind using breath awareness
- Methods of Self-centering in everyday life
- Advice for maintaining awareness of the Spiritual Heart, in the tradition of the Fathers of the Desert (from Christianity)
- The Christian method of the Prayer of the Heart
- A proper understanding of Advaita Vedanta's fundamental principles
- Methods of passing from individual consciousness to Cosmic Consciousness
- The four fundamental aspects of the process of Revealing the Spiritual Heart
- Yogic methods that approach the issue of the Spiritual Heart
- Inspired poems from various spiritual traditions.

For more information, visit Satya Sattva Studio

<http://www.satyasattva.com/>