



July 2013 Contemplation Theme: Alignment with Grace #7

A Bolt from the Blue

by Rukmini Abbruzzi & Swami Nirmalananda Saraswati

Lightning storms are common in the summer, brilliant flashes of light that rival Fourth of July fireworks. A lightning strike out of a clear blue sky is called a bolt from the blue. In a way, you are a bolt from the blue — cosmic consciousness is blue. That energy, which concentrates itself in order to manifest you and everything that exists, is blue. Swami Muktananda revealed this mystical secret and gave us all a pathway to find it within ourselves.

You already know that matter is made of energy, which is more concentrated and powerful than a lightning bolt. Einstein explained this with his formula $E=mc^2$. The formula is amazing!

The energy (E) is equal to the mass (m) multiplied by the speed of light (c) squared.

The speed of light is 186,000 miles per second, so how much energy is contained, even in an atom?

When it is blasted open, a huge amount of energy mushrooms out. This is because the atom contains energy contracted by a factor of c^2 , which calculates out to 34,596,000,000 miles PER SECOND.

Think of it this way: when a bolt out of the blue hits a point on the earth, all the energy zaps into that point. That's also true of every atom, including every atom in your body. Einstein explained HOW energy contracts but he didn't explain WHO is doing it. A yogic sage explained it in the Pratyabhijnahridayam:

Citi sa.nkocaatmaa cetano'pi sa.nkuchita-vi"svamaya.h —
Sutra 4

Consciousness-Itself assumes contraction to become both
the universe and the individuals...¹

Consciousness contracts to become whole universe, including you. This means that you are pure consciousness, contracted into an individualized form. Consciousness doesn't lose anything in the process; consciousness is not diminished in any way. But the process is designed in such a way that consciousness can hide within the contraction. Thus you don't know your own Self as Consciousness-Itself, because the knowing is hidden within you.

Swami Nirmalananda devised a modern-day sutra to explain it further:

“The momentum is toward contraction.”

The contraction began before you are born and continues your whole life long, manifesting physically, mentally and emotionally. This is easy to see if you look at your baby pictures. You used to suck your toes!

This momentum towards contraction creates a cascade of tension and compression that affects your body and your whole being. It's easy to understand because you already know that when you are tight, it's harder to feel your body. When you are tight, it's also

¹ This translation is the first part of the sutra, the part relevant to this article; English rendering by Swami Nirmalananda.

harder to breathe, harder to think and harder to love. You become hard. And wherever you're hard, you're dying.

Yoga offers you the re-opening and re-enlivening. *Svaroopa*[®] yoga's breathing practices and poses unravel your physical tensions as well as their related mental and emotional patterns. Rukmini describes her Ujjayi Pranayama practice as a blissful re-enlivening:

After 15 or 16 minutes, I'll take a sudden deep breath. A wave of breath and energy spreads from my chest and lungs through my whole body. By the end of my practice I feel refreshed & renewed, both more energized and more calm.

Svaroopa[®] Yoga's practices turn the momentum from contraction to expansion. Have you seen an elderly person, so rounded over that she or he can barely peer over the steering wheel? If you do enough yoga, that will not be you.

Providing more than physical decompression and opening, yoga settles your mind and opens your heart. You not only stand taller, but you are a happier, more loving, more expanded presence in the world. If that were all yoga did for you, it would be worth doing.

Svaroopa[®] Yoga's core-opening practices do more. They pave the way for Shaktipat, the awakening of Kundalini, which is your own inner power of Divine Revelation. Kundalini turns the momentum from contraction to INWARD expansion. She boomerangs the energy back to its own Source, which is your own Source, which is YOU.

Your opening from tail-to-top, powered by Kundalini, is like a lightning bolt that starts from the earth and goes up. She begins at the base of your spine, dissolving the limitations that keep you from knowing the truth of your own Divinity, and sets you free. Along the way, your physical tensions as well as their related mental and emotional patterns are dissolved. Shaktipat is a natural occurrence when you do core opening; Shaktipat will happen. The timing is individual, so it may not be immediate, but it will happen. This is the Grace, the subtle power hidden in *Svaroopa*[®] yoga.

Because Kundalini is an upward moving energy, we emphasize the seated poses. No matter how much you love Shavasana, there's a point where you have to sit up to get everything that yoga offers you. You see our emphasis on seated poses in the first of our twelve teaching themes, Daily Practice. We end the themes with Seated Poses & Twists. Even in our Teacher Trainings, the first pose is a seated pose, Sukhasana, and Teacher Training ends with a blissful day focused on the seated poses.

Yet your opening from tail-to-top can happen when you're doing a tailbone pose, lying in Shavasana or doing Ujjayi Pranayama. It can happen anytime you're doing *Svaroopa*[®] yoga! Still it's more reliable when you sit up to align your spine with that upward current of energy, with your own internal lightning bolt.

By contracting into the universe, Consciousness is becoming you, from top-to-tail. Your yoga practice aligns you with Grace, which means you are becoming Consciousness, from tail-to-top. Do more *Svaroopa*[®] yoga.

To reach Rukmini or Swami Nirmalananda or to learn about *Svaroopa*[®] yoga, contact: Master Yoga Foundation

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