



Svaroopa® Vidya Ashram

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Focus on Enlightenment #11

Breakthrough

By Gurudevi Nirmalananda

Something that pushes you through to the other side of whatever it is you're stuck in – you want it. Yes! You are entitled to something greater. You are made for learning and growth, engineered for a more expanded way of seeing and being. You live in an inner discontent which fuels your quest to know your Self, the deeper dimension of your own being. Without this inner knowing, you feel empty, inadequate and alone. Of course you want a breakthrough: to become free from your limitations and your fears.

Your body has a built-in capacity to do more than you currently do with it. Athletes prove this by smashing world records and setting new ones. No computer can duplicate the incredible capacity and complexity of your brain. Your heart's capacity is expanded by each new baby and pet added to your family. Best of all, your nervous system is capable of running an expanded energy flow, the cosmic energy of Consciousness-Itself, Kundalini. She is the mother of breakthroughs, birthing you into your own Divine Essence.

Your first breakthrough was being born. While the process was hard on your mother, it wasn't easy for you either. Being squeezed and pushed out into a cold and noisy world was a shock to your system, a necessary shock which made you take your first breath.

Most breakthroughs are similar: being squeezed, pushed into the unknown and landing in a whole new world, which gives you a new lease on life. While you object to the squeezing and pushing, maybe you would even rather avoid the whole process, it's the discomfort that makes you interested and ready for your new world. If you're too comfortable in your confined space, you never opt for change. Then, when change comes, you consider it to be a threat rather than an opportunity for breakthrough.

There are many ways to get past yourself, even temporarily. Many people rely on drugs, legal or illegal. Others go bungee jumping, rock climbing, parasailing or merely erupt in anger. Others rely on music, orgasms or overeating. To forget yourself, to get lost in an experience, to be blasted wide open, to soar past your own pain, fear and boredom – you'll do almost anything, even stupid stuff. Yoga is the smart way to do it. Not only because it's good for your body and mind, but because you can learn to live in the new space you've broken through into. With yoga, the change is not temporary.

The whole point is to get past yourself, even to get over yourself. Both have to happen. Getting past yourself means you're exploring new frontiers by getting past the things that used to hold you back. It means you're leaving your limitations in the dust.

Getting over yourself means you stop being enamored of your limitations, quirks and shortcomings. It's part of the human condition to love your limitations even when they cause you pain. "This is just the way I am," is a fruitless defense against compassion, love and growth. It is guaranteed to be followed by a breakthrough, as life's events squeeze and push you into the unknown, simply because you refused to learn and grow.

Yoga gives you two options you didn't have before: to create a breakthrough yourself or to invoke a breakthrough. When you do enough yoga to create a breakthrough, you squeeze and push yourself through to a new level. When you invoke a breakthrough, you call on a greater power than you currently possess, to be uplifted by Grace. My Guru described this:

When this divine power enters a man in the form of grace,
he is completely transformed.¹

It is this transformation that Svaroopa® yoga specializes in. It's a breakthrough that requires no further breakthroughs, not even life events to push you past yourself. That's because the Divine Power of revelation gets awakened in you, the inner force of upliftment that keeps you on course, moving toward

¹ Swami Muktananda, [Play of Consciousness](#) (South Fallsburg NY: SYDA Foundation, 2020), page xxiv

your own enlightenment. Described as a lit candle lighting an unlit one, your inner wick simply needed to be set on fire. The metaphor comes from a song written to honor my Guru, Swami Muktananda, for he lit up thousands of seekers with this Divine initiation called Shaktipat. During meditation, the heat that climbs your spine is the inner flame of Consciousness, making the candle metaphor perfect.

Whether you came for relief from pain or stress, or you were looking for enlightenment, you get what you ask for. Plus you get more. You get your own Self, an inner depth and ease that grounds you in a profound peace that leads to bliss. You feel whole. You have an inner knowing that supports and guides you through your life, more and more tangibly as you learn how to listen inside.

Svaroopa® yoga's poses create a delicious spinal release, beginning at your tailbone, that opens the pathway for Divine Consciousness to arise within you. This means you can receive spontaneous Shaktipat from doing the poses, a Divine blessing that improves every aspect of your life. More immediate and direct, you can get intentional Shaktipat in one of our weekend Shaktipat Retreats.

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Through development of the subtle energy flow in your spine, the bliss of consciousness is attained.

It works because I got it from a Master, who got it from a Master, and on back through the generations. It's like the electrical sockets in your home, which are connected to the wires on the poles, which are connected all the way back to the power plant. Once you've gotten Shaktipat, you're all hooked up!

Yoga calls this Grace, specifically Shiva's Grace, the cosmic power of breakthrough that shatters your limitations and sets you free. It's like Shiva throws lightning bolts, especially Kundalini, who lights up your spine from the inside out. Shiva's Grace is about breakthrough, about enlightenment.

Yet yoga describes another type of Grace. Vishnu's Grace is about protection, beauty and ease. When life is hard and you pray or ask inside, "Please make it easy," you're hoping to avoid changing. You know from experience that the toughest times in your life were times you learned and grew the most. Instead of asking for things to be easy, simply ask for help in getting the lessons quickly. Then you move through the challenge easier but you still get the growth and inner deepening that events invariably provide.

Shiva's Grace is fiery while Vishnu's Grace cools your jets. Vishnu's Grace is about improving your life; Shiva's Grace reveals your inherent Divinity, which uplifts your sense of Self. This upliftment improves your life and everything about you, while it makes you more and more able to live in the light of your own Self.

Yet you have another option. You don't have to invoke a breakthrough through Grace, nor are you stuck waiting for life to force you through it. Yoga gives you the ability to create a breakthrough for yourself. Simply do more yoga. What does that mean? I guarantee that if you do what the texts prescribe, do yoga practices 10 hours a day for 12-20 years, you'll be radically changed. Or you can get Shaktipat. That's why this is called the easy path.

THIS IS AN ARTICLE IN A YEAR-LONG SERIES, "FOCUS ON ENLIGHTENMENT"

To reach our teachers or to learn more about *Svaroopa*® Yoga & Meditation, contact

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