



*In-depth seminar at the Institute's retreat center in Allahabad –*

**The *Yoga Sutra* of Patanjali and the *Lotus Sutra* of Buddha**

with

Pandit Rajmani Tigunait

In every tradition, the lotus of the heart is seen as the sacred home of God. In the Indian tradition, Brahma the Creator is born of a lotus, Laxmi is born of a lotus, and a score of Hindu, Buddhist, and Jaina saints and sages emerged from a lotus, sit on a lotus, and meditate on the lotus. The great deity, Maha Vairochana, of Tibetan Buddhism, and Dainichi Nyori, of Shingon Buddhism of Japan, have made the lotus their abode. But alas, so many of us hardly experience this sacred home as anything more than a stockpile of thorns.

In this seminar, we'll learn the tantric method of meditating on the heart, and discover how this meditation destroys heavy clouds of fear and grief that have engulfed nearly all of us. The techniques for this unique meditation are based on the *Yoga Sutra* of Patanjali and the *Lotus Sutra of Buddha*. They are further augmented by the techniques elaborated in tantric scriptures. This seminar is experiential and takes us directly to the core of tantra. Major topics include:

- Subtle nuances of the terms 'cave of the heart', 'lotus of the heart', anahata – the heart chakra, heart mandala, and 'the sacred heart.'
- Subtle differences in the meditation on the heart in different traditions, such as Judaism, Christianity, Buddhism, yoga as taught by Patanjali, and the tantric tradition of Sri Vidya, and why these differences in meditative techniques on the same lotus of the heart lead to different results.
- Prerequisites for meditating on the lotus of the heart as outlined by Patanjali.
- Prerequisites for meditating on the lotus of the heart as outlined by Buddha.
- Integrated approach of tantric masters in arranging the prerequisites and customizing the techniques of meditating on the lotus of the heart.

**Pandit Rajmani Tigunait, PhD** is the spiritual head of the Himalayan Institute. Family tradition gave him access to a vast range of spiritual wisdom preserved in both the written and oral traditions. As a young man, he lived and studied with renowned adepts before meeting his spiritual master, Sri Swami Rama of the Himalayas. Pandit Tigunait is fluent in both Vedic and Classical Sanskrit and has an encyclopedic knowledge of the scriptures. He holds a doctorate in Sanskrit from the University of Allahabad, and another in Oriental Studies from the University of Pennsylvania. He has written more than a dozen books, running the gamut from scholarly analysis and scripture translation to spiritual biographies and practical advice on applying yogic concepts to the problems of daily life. In addition to lecturing and teaching worldwide for more than thirty years, Pandit Tigunait is the inspiration for the Institute's projects for rural empowerment and social regeneration, and the motive force behind the HI Community Centers taking root in Asia, Africa, and Mexico.