



Svaroopa® Vidya Ashram

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Multi-Dimensionality #7

The Blue Pearl

By Gurudevi Nirmalananda

The universe exploded out from a Big Bang, they say. This scientific theory was first proposed in 1927. Scientists studied it for decades, with a critical piece of evidence discovered in 1964. It was enough that a press conference was held. The next-day newspapers announced, in big headlines, “Big Bang Proved.”

Since then, the scientists continue to refine their theory and come up with new terminology. They now say there was something there before the bang. I call it the “something that banged.”

What was there? What banged? It was a single point, a dot. They call it a singularity. In Sanskrit it is “bindu.” It still exists. It was not destroyed in the bang. You can find the bindu inside. It is blue.

My Baba called it the “Blue Pearl.” When you see it in meditation, you are assured of liberation in this lifetime. It is the mystical form of your own Self, which is the source of the universe yet containing the whole.

The sages drew this as the mystical syllable OM. It is a multilayered inner sound. You may hear it or see the character when in a deep meditative state. It shows what preceded the Big Bang.

ॐ The two stacked semi-circles (like a numeral 3) are the vibration of the One, echoing itself within itself. You can replicate this sound by toning a long “ah,” with your lower and upper jaw vibrating. That vibration slowly closes into itself, forming into the full circle on the right, which your mouth does by chanting “oo.” Then it’s like the One is humming to itself, with your lips closing so the sound moves into your nose and sinuses, an internal “mmm.” When you flow the three sounds together, you end in a pause, a mystical silence. This gives you A-U-M-(silence), the four sounds that comprise the chanted syllable.

While your chant gives you the sounds sequentially, in reality they are all happening simultaneously, the vibration that underlies the existence of the universe. The dot at the top is called “bindu.” It shows the vibration coalescing into a dot, which I think of as “the singularity that banged.” It is the Blue Pearl.

As you look inward, there is a process you must go through to get to this level within. It is found in meditation. Not ordinary meditation, your meditation must be infused with Divine Energy. This happens in Shaktipat. I know because I experienced meditation before Shaktipat and after.

In an ordinary meditation, most meditative systems have you focus on your mind or your breath, though some have you staring at a blank wall. I tried it out. What I got was a reality check. I was shocked to discover how crazy busy my mind was.

My family and friends dealt with their minds by using drugs and alcohol. I had done that too, but couldn’t do it anymore. Instead, I was living my life at break-neck speed, seeing if I could outrun my mind. I was rarely successful.

After Shaktipat, when I sat for meditation, I was drawn inward to a deeper level. I was deliciously absorbed in a profound inner process of enlivenment, with the energy of the cosmos pouring up my spine. It was fascinating and empowering. As I continued, it kept getting better and continues to blossom within me, almost 50 years later.

Within your own individuality, your inner essence is the One Divine Reality that is being the universe. You are the one who banged.

Chidvat-tach-chhakti sankochat malavrtah samsari.¹ — Pratyabhij~nah.rdayam 9

The One coalesces into the individual, whose Divine Nature is hidden by the malas.²

Not knowing your own Divine Essence, you strive to find fulfillment in the world, repeating the process over and over. This sutra says you do this for lifetimes. When you’ve had enough of it, you begin looking for something beyond the mainstream options.

¹ Cidvat-tacchakti sa.nkocaat malaav.rta.h sa.msaarii.

² For more information on the malas, see Embodied Consciousness, January 2401 [Teachings Article](#) by Gurudevi

Some people walk in my door saying, “I want to get enlightened.” Others say, “My body hurts. I want to be pain-free.” Others share, “My heart feels empty.” Fortunately, yoga meets you where you are. When you get what originally motivated you, yoga offers a tantalizing option — there is more!

Sarvottirna rupam sopana padakramena samshrayatah,
paratattva ruudhi laabhe paryante shivamayi bhavah.³

By climbing step-by-step, the yogi reaches
the highest stage of Oneness with Shiva.

This verse promises you will attain the highest, described as “Oneness with Shiva.” It means you become one with the One. Who is the One? The One is that which existed before forming the singularity. Different meditative systems call the One by different names, as do different religions and ancient cultures.

In yoga, the One is Shiva. And you are Shiva. But you don’t know your own Shiva-ness because it is hidden from you. This is the mystery. Thus mysticism is the inner exploration, into your core essence. Mysticism includes the teachings and practices that support you.

Bottom line, if you already had what you need to get in there, you would have done it already. Like I had experienced, it’s too easy to get stuck in your stuff, with your meditation being a review of your life and reactions, ad infinitum.

For this deep inward plunge, you must be empowered at a whole new level. Shaktipat awakens your inner power, the energy of Shiva to arise within you — Kundalini. By this inner upliftment, you are freed from the coverings that hide your Divine Essence from you.

You are enfranchised as a citizen of the universe. More than that, you discover you are the source of the universe. It all lies within you.

Yet you must uncover it step-by-step. Your process is accelerated after receiving Shaktipat, but it is still a process. Since you are individual and unique, your process is individual and unique. Some yogis get deep meditative immersion from the beginning, suspended in timelessness in every meditation. Others are aware of every millisecond, riding the inner energy current in a state of heightened awareness.

As you get closer to your destination, your inner experiences become more consistent with the texts and teachings of the Great Masters. Peace, yes. Bliss, yes. Inner knowing that expands into the multiple dimensions of your own Beingness, yes. As you deepen within, you experience having four bodies: the red dot, the white flame, the black dot, and the Blue Pearl.

You may see them visually or sense them in another way. Your experience of the red dot means that Divine Energy is clearing and healing your physical body. The white flame is when your subtle body is being transformed, which includes your mind and emotions as well as your nadis and chakras.

The black dot is your causal body, the inner level that carries your karmas from prior lifetimes, causing you to be born again. The Blue Pearl is the body of your own Self, the body of God.

How do you get there? If you want to go to a nearby city, you drive. If you want to travel to a foreign land, you will probably fly. Similarly, there is a way to get to your own Self. First you get Shaktipat, then you meditate daily and do the practices that support your inward deepening. The more you do, the sooner you arrive at your destination.

Yet, where you are headed is “here,” not “there.” You become more present, more alive, more real along the way. You care deeply, but without clinging or neediness. You share without keeping score. You know when to say yes and when to say no. You manage your mind in a whole new way.

You live in the singularity of your own Beingness, while recognizing the Blue Pearl in all, being all. You discover that you are Shiva. You have always been Shiva. You simply didn’t know. Do more yoga.

THIS IS AN ARTICLE IN A YEAR-LONG SERIES, “MULTI-DIMENSIONALITY”

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³ Sarvottiirna ruupam sopana padakramena sam”srayata.h, paratattva ruudhi laabhe paryante “shivamayii bhaava.h.