



Kundalini Yoga Cambodia

កុនដាលីនីយ៉ូហ្គា កម្ពុជា

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The Symbol of the Lotus

The logo used by Kundalini Yoga Cambodia consists of an image of an eight petaled lotus at the heart of a mandala-like space.

...mandalas are sort of personality maps, in which the different energies that guide a person's thoughts, emotions and actions are represented in a 2-dimensional way...

...the eight petals of the lotus represent: love, truth, forbearance, sacrifice, compassion, beauty, bliss and peace. The sages considered cultivation of virtues, good qualities, and righteous conduct as true education. All these qualities have to be fostered to realize the pure essence in oneself and in every phenomenon that exists. A realization that is also called the bliss of the Divine...

...to achieve the unison between ego and attachment driven life and the pure inner intention, the sage Patanjali summarized the practice of yoga into eight limbs: Yama, Niyama, Pranayama, Asana, Pratyahar, Dharana, Dhyana and Samadhi. This eight-fold practice encompasses moral and disciplined living, the practice of breathing and exercise, and four levels of meditative practice...

...lotuses are symbols of purity. The heart of beings is like an unopened lotus: when a person develops the virtues that are at the centre of many spiritual traditions, the lotus of the heart blossoms...

...the eight petals also stand for the eight *nadis* from the heart center which serve each one of the eight kinds of consciousness through which we experience ourselves and the world: the five senses, the consciousness of self or ego, the consciousness of thoughts and the store consciousness of past impressions...

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...it is said that just below the energy centre at the heart there is a tiny eight-petaled lotus, the anandakanda Lotus, within which is the "celestial wishing tree". This magic tree is said to hold the deepest wishes of the heart: not what we think we want, but the deeper cries of the soul within... it is believed that when we truly wish upon this tree, and release those wishes, it bestows even more than desired, leading to freedom...

...the heart chakra is where we learn to develop the qualities of love both of the self and of others. Yet it is also where we learn to love all of life and develop a sense of the love and compassion the Universe and Spirit has for all beings...

...what we truly desire is to experience the boundless unconditional love the Universe has for all of creation...

...in Tibetan Buddhism, this centre is the seat of the Dharmakaya or Buddha-nature Truth-body, which is of the essence of Absolute Reality ... similar to the Paramatman or Supreme Self in Hinduism...

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