

Linear Theme Template

## The Heart of an Anusara® Class

1. \*"When you remember... (Cit) you may experience... (Ananda)." Aim to include one Cit/Ananda Statement.

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2. Anecdote/Story: How does it relate to non-dual Tantra?

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3. Overall Theme Statement

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4. Theme One Word

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### Some Attributes of the Universal

- \*Chit- Supreme Consciousness, Pure Awareness
- \*Ananda- Bliss, Ecstasy, Highest Joy
- Shri- Auspiciousness, Absolute Goodness, Divine Beauty
- Svatantrya- Ultimate Freedom, Infinte Power
- Purnatva- Absolute Fullness, Perfection, Peace
- Spanda- Pulsation, Vibration, Waving, Spiraling, Trembling

5. Heart Qualities/Virtues/Rasas

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6. Metaphors & Similes

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Graphic Theme Template

