

A photograph of a man's face, likely a spiritual leader, superimposed over a view of the ocean seen through a stone archway. The man has a beard and is looking directly at the camera. The ocean is a vibrant blue, and the sky is clear. The stone archway is made of rough, grey stones.

*The heart is the hub  
of all things sacred,  
go there and roam.*

*- Bhagawan Nityananda*

*In kundalini yoga, the "heart" refers to the  
universal Consciousness that can be known within oneself.*