

The Supreme Pontiff of Hinduism (SPH) Bhagavān Nithyānanda Paramashivam 1008th Incarnation of Paramashiva

Health is state of COMPLETE physical, mental, spiritual, psychological, and social well-being. Being HEALTHY means being complete – achieving our wholeness – Reaching the complete fulfillment – Self Realization. Contemplate on the following:

1. Describe a brief deep-breathing technique to help reduce stress or anxiety. How can consistent practice of this method benefit overall wellness?
2. Explain the concept of visualization in the context of health and wellness exercises, providing an example of how it might be applied during meditation or Kriya practices.
3. What is a simple Kriya exercise that could help enhance energy levels, and what are its potential benefits for physical and mental well-being?
4. Can you outline a basic guided meditation focused on relaxation techniques aimed at reducing the risk of injury during physical activities?
5. How might verbalization exercises contribute to one's health and wellness, particularly in terms of mindfulness or self-awareness practices?
6. Describe how harnessing conscious energy through various forms of exercise could potentially improve bodily functions, referencing a specific technique if possible.
7. Propose an activity that combines breathing exercises with visualization to support the body's breakdown maintenance and preventive maintenance. What would be its expected outcome?

Further References from THE SPH BHAGAVĀN NITHYĀNANDA PARAMASHIVAM:

1. First Arogya Spurana Program || Ancient Secrets To Healthy Living || 24 September 2005 || 0:46:10 <https://youtu.be/cefpcVq64ak>
2. Meditation Technique To Bring Awareness To Your Whole Body || 24 September 2005 || 0:14:35 <https://youtu.be/cRJrsfHdOYQ>
3. Tap into Your Deeper Energies || Part 1 || ARSP || 24 Sept 2005 0:08:59 <https://youtu.be/rqSkIA7Ah7o>
4. Tap into Your Deeper Energies || Part 2 || ARSP || 24 Sept 2005 0:20:59 https://youtu.be/_MZMvkVAuew
5. Tapping into Deeper Energy || Part 3 || ARSP || 24 Sept 2005 0:18:28 <https://youtu.be/RYYrYqgZhYc>
6. Meditation Technique for Agni Tattva || Part 1 || Arogya Spurana || 24 Sept 2005 0:16:59 <https://youtu.be/9Tnu5Xux61w>
7. Meditation Technique for Agni Tattva || Part 2 || Arogya Spurana || 24 Sept 2005 0:15:03 <https://youtu.be/XoKoJwjBtbE>