

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

The cosmic energy is reflected within our own body system as energy pathways. In the Hindu scriptures reference is made to 7 major energy centers or chakras that control the energy flow in our body. These energy centers are called chakras, meaning ‘wheel’ in Sanskrit. Contemplate on the following:

1. How does levitation practice integrate with chakra balancing in this particular class?
2. What role does mindfulness or conscious breathing play in accessing chakra alignment during exercises?
3. How might an individual determine if the exercises are suitable for their fitness level, according to the provided references?

Further References from THE SPH BHAGAVĀN NITHYĀNANDA PARAMASHIVAM:

1. How To Unlock The Sahasrara Chakra - Audio Discourse By Paramahansa Nithyananda 0:33:30 https://youtu.be/S3oePi2_2bk
2. Activating The Vishuddhi Chakra With Guided Meditation - Ananda 0:57:40 <https://youtu.be/FJe9KPbRgKE> <http://nithyananda.org/video/activating-vishuddhi-chakra-guided-meditation-ananda-spurana-program#gsc.tab=0>
3. Ananda Spurana Program | ASP | Day 3 | Session 1 | Ashraya Dosha | 16 Apr 2002 | 0:29:59 <https://youtu.be/XlpU5j8zSQU>
4. Ananda Spurana Program | ASP | Day 3 | Session 2 | 16 Apr 2002 | 0:11:02 <https://youtu.be/cdpxp9XAeeo>
5. Ananda Spurana Program | ASP | Day 4 | Session 1 | 17 April 2002 | 0:55:44 <https://youtu.be/EWXqZfU74JM>
6. Death Is A Blessing For A New Beginning | Day 4 | Session 2 | 17 April 2002 | Swadhisthana Chakra 0:14:53 <https://youtu.be/tVwer8t4j5A>
7. Bid Farewell To Your Worries || 17 April 2002 || 0:14:53 https://youtu.be/n03Y_UcNwpA
8. Introducing Yourself to Yourself | Day 1 | 18 Oct 2002 | Ananda Spurana Program | ASP | 0:42:17 <https://youtu.be/QgAtiXJqxQY>
9. Move From Selfish Love to Selfless Love | Anahata Chakra | Day 5 | Session 1 | 18 April 2002 | 0:31:18 <https://youtu.be/Tv8e1vjxRwE>
10. Dare To Be Unique | Vishuddhi Chakra | Day 5 | Session 2 | 18 April 2002 | 0:16:30 <https://youtu.be/lhebG5-IxH8>
11. Just Be | Key To Awaken Your Third Eye | Day 5 | Session 3 | Part 1 | 18 April 2002 | 0:12:15 <https://youtu.be/Nahbvm0l18ww>



12. Just Be | Key To Awaken Your Third Eye | Day 5 | Session 3 | Part 2 | 18 April 2002 |
(Ajna Chakra) 0:56:28 <https://youtu.be/A2woq3OsdW0>
13. Ananda Spurana Program | ASP | Day 6 | 19th April 2002 | 1:15:04
<https://youtu.be/OFE-jF-hdLg>