

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

Anahata means “that which cannot be created” and is associated with unconditional love.
Contemplate on the following:

1. What is the primary goal of focusing on Swadhisthana Chakra during a physical or spiritual practice?
2. How might one incorporate mindfulness practices to enhance the activation and balance of their swadhishtana chakra?
3. Are there specific postures or breathing techniques recommended for balancing the energy in the Swadhisthana Chakra?
4. What are some common signs that indicate an individual's Swadhisthana Chakra is well-activated and functioning properly?
5. Could you suggest exercises or meditation techniques that may help one overcome feelings of fear related to personal growth or transformation?

If these questions align with your interests and intentions, they could serve as a starting point for creating exercise questions tailored to the context provided about chakra awareness

Further References from THE SPH BHAGAVĀN NITHYĀNANDA PARAMASHIVAM:

1. Come Out of Default Listening || NDY || 05 July 2014 0:15:34
<https://youtu.be/04aywFhWAYQ>
2. Don't let your Past Decide your Future || Part 1 || 05 Jul 2014 0:20:27
https://youtu.be/K0wlgPeA_AA
3. Lets Play A Game With The Master-Start Listening || NDY || 05 Jul 2014 0:13:24
<https://youtu.be/pEjqQ1uDVIg>
4. Crystal Clear Answers from HDH! || NDY || 5 Jul 2014 0:13:08
<https://youtu.be/nut6RW2hoEE>
5. Stop Suffering! || NDY || 05 Jul 2014 0:13:10 <https://youtu.be/qfddBigx-hA>