

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 many energy centers, known as chakras, does a human body typically have?
2. What is the significance of each chakra in relation to our overall well-being?
3. Can you explain how yoga exercises can help align and balance these seven chakras?
4. What are some precautions that should be taken before starting a new exercise or dietary program, especially those involving spiritual practices like levitation?
5. How does meditation contribute to shifting one's consciousness?

Further References from THE SPH BHAGAVĀN NITHYĀNANDA PARAMASHIVAM:

1. When You Know You Don't Know, You Start Knowing (18 Oct 2002, Bengaluru)
0:43:31 https://youtu.be/pYVlw_N0gZw
2. Introducing Yourself to Yourself | Day 1 | 18 Oct 2002 | Ananda Spurana Program | ASP | 0:42:17 <https://youtu.be/QgAtiXJqxQY>
3. Your Worry Is Related To Your Manipuraka Chakra | Solar Plexus | Day 2 | Session 1 | 19 Oct 2002 | 0:29:16 <https://youtu.be/fstE9wqp6Og>
4. Learn This to Never Again Fear Death | Day 2 | Session 2 | 19 Oct 2002 | 0:09:09 https://youtu.be/jJgRs13z_kg
5. Moving Beyond Fantasy to Reality | Day 2 | Session 3 | 19 Oct 2002 | Ananda Spurana Program | ASP | 0:28:33 <https://youtu.be/IDnqYqZhS4o>
6. Introduction to Vishuddhi, Sahasrara Chakras | Day 3 | 20 Oct 2002 | Ananda Spurana Program | ASP | 0:34:48 <https://youtu.be/3GOBbhqq454>
7. Awaken Your Third Eye In Just 21 minutes | 20 October 2002 | 0:46:16 https://youtu.be/hbpw9q_IEc8