

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

The stuff out of which dreams are made is the same stuff out of which the world is made.

Contemplate on the following:

1. What does it mean to you that "your body is beautiful enough"? How can this belief impact your daily life and choices?
2. Reflect on a time when you compared yourself with someone else's physical appearance or lifestyle. What were the consequences of such comparisons, and how could they have been avoided by embracing self-acceptance?
3. Discuss situations where focusing solely on eating led to negative emotions and thoughts about your body image. How can you shift this focus towards a more balanced approach to nourishment that includes other aspects of life?
4. In what ways do societal standards regarding beauty affect how we perceive ourselves? How can cultivating an appreciation for inner qualities help counteract these external influences?
5. Consider the statement, "Whenever you start thinking somebody else's body is beautiful, you implant the seed of cancer inside yourself." Reflect on this idea and discuss strategies to avoid such comparisons in your daily life.
6. How can understanding that every physical aspect of our being serves a purpose help us appreciate ourselves more fully? Can we find meaning beyond external appearances by acknowledging these purposes?
7. Explore the connection between self-acceptance, mental well-being, and overall health. What practices or habits have helped you cultivate a positive body image? How can others develop similar strategies?

Further References from THE SPH BHAGAVĀN NITHYĀNANDA PARAMASHIVAM:

1. Awaken Your Kundalini Shakti || Part 1 || Kalptaru || 30 September 2009 0:20:25
<https://youtu.be/8f5ydvKZjwM>
2. Awaken Your Kundalini Shakti || Part 2 || Kalptaru || 30 Sep 2009 0:11:49
<https://youtu.be/DaplENsUgJs>
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<https://youtu.be/f7bPO3stGTM>
4. Dreaming in Colour || Shakti Spurana || 09 April 2004 0:18:43
<https://youtu.be/7Qn1ggTKXc4>
5. Is this a dream or reality? || Part 1 || Shakti Spurana Convention || 09 Apr 2004 0:19:42
<https://youtu.be/d7hNCIP-jzg>
6. Recognise Your Beauty || Part 1 || Shakti Spurana Convention || 09 Apr 2004 0:17:28
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