

The SPH Nithyananda Paramashivam

Heal The Anahata Chakra

A Glimpse



The Mahamantra meditation is an ancient Tibetan Buddhist technique to awaken the anahata chakra, located at the heart center

Step 1 - Produce a humming sound as intensely as possible, as loudly as possible and as lengthily as possible. Keep your lips together and produce the sound 'Mmmm...' from inside, from the navel center (20 minutes)

Step 2 - Watch Your Thoughts (Duration: 5 mins) At the end of 20 minutes, stop the humming. keep your eyes closed and remain silent and inactive for 10 minutes with a smiling face and blissful mood

Slowly, very slowly, open your eyes. Carry this silence with you.

Continue for next 21 days

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